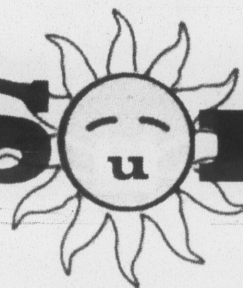




Wayne Westcott: Practical Winter Exercise - Page 2
 North Over Quincy In Hoop Doubleheader - Pages 18, 19
 Maggie Lynch Notches 100th Career Point - Page 20



The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 53 No. 22

Thursday, February 11, 2021

\$1.50



JILLIAN AND STEPHEN Chueka were recently married in the Quincy Homestead Gardens.
 Courtesy Photo

Happy Valentines Day!

A Love Story At The Dorothy Quincy Homestead

By MARTHA O'CONNELL

Have you heard the story that led to the marriage of one of Massachusetts' first political celebrity couples? What was it about the lovely Dorothy Quincy that attracted the attention of Boston's most eligible bachelor who had a heart full of patriotism in 1775?

Dorothy was the youngest child of Edmund Quincy IV and Elizabeth (Wendell) Quincy. Born in Boston on May 10, 1747, Dorothy spent many childhood years at the Quincy Homestead. She was likely the darling of her large prominent family as her four sisters were

considerably older. Perhaps that's how she came by the affectionate nickname, Dolly.

Raised under the watchful eye of her mother, who was also born into a socially prominent family, we can imagine that Dorothy was presented into the Boston society at an appropriate age. When her mother passed in 1769, Dorothy was quickly noticed by Mrs. Lydia Hancock, the widow of Thomas Hancock and aunt to John, the wealthy merchant prince of the House of Hancock. Over time, Aunt Lydia became chaperon to Doro-

thy and matchmaker to the couple.

Dorothy was considered to be beautiful, cultured and according to a mention in the memoirs of the artist, John Singleton Copley, who painted her portrait in 1772, "among the distinguished women of the time ..."

So what first captivated the attention of Mr. John Hancock on that Sabbath morning as the soon to be love of his life stepped out of church? According to legend, it was Dorothy's daintily slipped feet! They married on Aug. 28,

Cont'd On Page 13

City Preparing To Expand COVID Vaccination Efforts

By SCOTT JACKSON

City officials are looking to open additional sites where residents can receive the COVID-19 vaccine after administering more than 800 doses of the vaccine inside a former Wollaston office building over the past

week.

The city began accepting reservations for the vaccination clinic at 180 Old Colony Ave. — a building that will be converted into a school starting later this year — on Feb. 2, one day after the state entered the sec-

ond phase of its vaccination effort, making all residents over the age of 75 eligible for their shots. The vaccination clinic is being offered in partnership with Manet Community Health Center.

Chris Walker, Mayor

Cont'd On Page 14

Phi Du Named City Treasurer, Collector

Mayor Thomas Koch has appointed long-time Quincy business owner and financial services professional Phi Du as the city's next treasurer and collector.

Du, most recently the owner of GrandAsia Bridal and Fashion Emporium in downtown Quincy, will take over from Deborah Coughlin, who is retiring after 12 years in the position that's at the center of the city's financial management operations and its interactions with residents on a daily basis.



PHI DU

"Treasurer Coughlin has done extraordinary work on the city's behalf in so many

ways — modernizing and creating efficiencies within the department, managing our very important relationships with a number of banks, and always treating members of the community with questions or concerns with a great deal of empathy and respect," Koch said in a press release issued by his office Monday afternoon. "I wish her well in her much-deserved retirement, and I am thrilled that someone with Phi's many years of

Cont'd On Page 14

Joint Convention To Fill Vacant School Seat Feb. 16

Mayor, Councillors, School Committee To Meet In QHS Cafeteria; Nominations From Floor

By SCOTT JACKSON

The School Committee and City Council will meet in person Feb. 16 to fill the vacant seat on the school committee.

Mayor Thomas Koch, who is also chairman of the school committee, has called for the joint convention of the School Com-

mittee and City Council to be held Tuesday, Feb. 16 at 6:30 p.m. in the cafeteria of Quincy High School, 100 Coddington St.

Chris Walker, Koch's chief of staff, said nominations for the vacant seat would come from the floor during the joint convention.

The nine city council-

lors, five elected school committee members and Koch as school committee chairman will vote to name a successor to Anthony Andronico who resigned from his school seat to become the Ward 2 city councillor last month. Andronico is filling the unexpired term

Cont'd On Page 13



COVID-19: A Year Of Ups And Downs - Page 3
 Kennedy Center Valentines For Seniors - Page 17
 Congregation Beth Shalom Goes Solar - Page 32

More Quincy news:
 The Quincy Sun.com

CAR-RT LOT C-004
 THOMAS CRANE LIBRARY
 40 WASHINGTON ST
 QUINCY, MA 02169-5304

A Practical Winter Exercise Program

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Winter is the most difficult time of year to begin a fitness program, but it is the most important season to do so. Otherwise you are likely to spend several weeks of dull days and long nights with too little activity and too much snacking. The almost inevitable result is reduced physical performance and increased body fat.

As always, the major problem is time, but recent research indicates that you can achieve excellent results from relatively brief and infrequent exercise sessions.

For example, performing just three resistance machine exercises and 15 minutes of aerobic activity produced significant improvements in body composition, muscle strength and cardiovascular endurance in 59 research participants who followed this training protocol for a period of two months.

More specifically, this relatively brief workout program resulted in two pounds more muscle, four pounds less fat, 25 percent more muscle strength and 12 percent more cardiovascular endurance for the previously sedentary exercisers.

Practical Winter Fitness Program

This conditioning approach includes strength training for muscular fitness, aerobic activity for cardiovascular fitness, and stretching exercise for flexibility

fitness. It is a relatively brief training program that can be performed two or three non-consecutive days per week. Each training session should be completed in about 25 minutes.

Strength Training

The recommended strength training program consists of four basic exercises that address most of the major muscle groups. These exercises are performed with dumbbells or bodyweight, and can be completed in about eight minutes.

Bodyweight Squat

This exercise strengthens the quadriceps, hamstrings, and gluteal muscles of the hips and thighs. Simply stand straight with your hands on your hips, and then slowly lower your hips downward and backward. Be sure to keep your knees directly above your feet as you descend. When your thighs approach parallel to the floor, pause momentarily, and slowly return to a standing position. Each repetition should take about 6 seconds, 3 seconds for the downward movement and 3 seconds for the upward movement.

Try to complete 10 to 15 good repetitions. You may make the body weight squat progressively more challenging by holding dumbbells (10, 15, 20 pounds), thereby making it a dumbbell squat.

Dumbbell Bench Press

The dumbbell bench press works the chest, shoulders, and triceps muscles. Begin by lying face-up on a flat bench, holding the dumbbells at arms length above your chest. Slowly lower both dumbbells to your chest, pause momentarily, and slowly press them up to full arms' extension. Six-second repetitions (3 seconds up and 3 seconds down) minimize momentum and maximize muscle tension, making each set a safe and productive training experience. Depending on your initial strength level, 5, 10, or 15-pound dumbbells should be sufficient for 10 to 15 controlled repetitions.

Dumbbell Curl

The dumbbell curl is a basic exercise that targets the biceps as well as the back muscles for trunk stability and upper arm strength. Stand erect with arms straight, holding the dumbbells with an underhand grip. Slowly curl both dumbbells upwards to chest level in about 3 seconds, pause momentarily, and then slowly lower them in about 3 seconds to the starting position. Perform 10 to 15 controlled repetitions with an appropriate weight load, typically using 5, 10, or 15-pound dumbbells.

Bodyweight Trunk Curl

This is the standard exercise for your front mid-section muscles. When

performed with alternating trunk twists, it also works the muscles in the sides of the abdomen. Lie face-up on the floor with your knees bent and your hands clasped loosely behind your head. Curl your head, shoulders and upper back off the floor on a 2-second count, twisting to the left as you rise. Pause momentarily in the top position and lower back to the floor on a 2-second count. On the next repetition, twist to the right as you curl up, and alternate sides on successive repetitions. Try to complete 10 to 20 controlled trunk curls each session.

Endurance Activity

Although outdoor walking is always an option, winter weather conditions may make a good case for purchasing a piece of endurance exercise equipment. My first recommendation (based on cost, utility, and durability) is a stationary cycle. Other excellent aerobic training equipment includes rowing machines and well-constructed treadmills. Fifteen minutes of endurance exercise is sufficient, especially if you use an interval training protocol, which makes the time pass more quickly and provides an enhanced cardiovascular conditioning effect.

Interval training alternates brief periods of lower

effort exercise with brief periods of higher-effort exercise. For example, on an effort scale of 1 (low) to 10 (high) try to do the first three minutes at a 3 to 4 level. Perform the next three minutes at a 6 to 8 level. Do three more minutes at level 3 to 4, three more minutes at level 6 to 8, and conclude with three minutes at level 3 to 4.

Stretching Exercise

In the final minute or two of this 25-minute training session, perform the Figure Four stretch for the calf, hamstring, lower back, upper back, and shoulder muscles. Sit on the floor with your left leg straight and your right knee bent so that your right foot touches your left inner thigh. Reach forward with your left hand, and grasp your left foot, ankle on shin. Hold this gently stretched position for 30 to 60 seconds, and then repeat with your right leg forward.

Key Points

(1) Although you may change the order of your strength and endurance activity, your flexibility exercise should normally be your final training component to ensure that your muscles are warmed-up before stretching them.

(2) Be sure to drink water or other fluids before and after each training session to prevent dehydration, especially in hot and dry indoor environments.

(3) Keep a log book of



WAYNE WESTCOTT

your training sessions to enhance workout continuity and to reinforce your exercise efforts.

(4) Try to limit each workout to the scheduled exercises and time-frame to avoid long sessions that may adversely affect your overall training compliance.

(5) Do your best to avoid interruptions during your training sessions. For example, place your phone in another room while you are exercising.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycolllege.edu.

Over \$213 Million Approved For MA COVID-19 Vaccine Costs

Massachusetts will receive \$213,284,522.50 from FEMA to support the Commonwealth with emergency protective measures to store, handle, transport, distribute, and administer the COVID-19 vaccine in accordance with their Vaccination Plan. These funds were expeditiously awarded to support the Executive Office of Health and Human Services in order to address this immediate threat to life and public safety.

As of Jan. 28, the Commonwealth has administered approximately 496,000 doses of vaccine at an average rate of approximately 12,000 doses per day. As of this same date, there are 116 vaccination facilities across the Commonwealth. Massachusetts has developed a timeline that prioritizes administering the vaccine to certain groups across the Commonwealth (information here). This timeline reflects several priorities including protecting the most vulnerable, maintaining

health care system capacity, and addressing inequities in health care access and COVID-19 burden. In order to achieve the Commonwealth's strategy of maximizing the number of doses administered, the number of facilities will be expanded to meet demand.

"Through FEMA's partnership, this critical funding will assist the Commonwealth in ensuring they have the necessary funds to carry out their vaccination plan," said Acting Regional Administrator and Federal Coordinating Officer Paul Ford, who oversees FEMA's operations in Massachusetts.

Eligible costs include, but are not limited to: Personal Protection Equipment (PPE); storage equipment, including coolers, freezers, temperature monitoring devices, and portable vaccine storage units for transportation; supplies such as emergency medical supplies (for emergency medical care needs that may arise in the

administration of the vaccine), sharps containers (for medical waste), and proper storage as needed for canisters of liquid nitrogen or dry ice.

This grant is funded through FEMA's Public Assistance (PA) Grant program which reimburses communities for actions taken in the immediate response and during recovery from a disaster. Eligible applicants include states, federally recognized tribal governments, U.S. territories, local governments, and certain private non-profit organizations. Grant applications are submitted from the state, which coordinates the process with local governments.

FEMA obligates funding for this project directly to the Commonwealth of Massachusetts.

Additional information about FEMA's Public Assistance program can be found at <https://www.fema.gov/public-assistance-local-state-tribal-and-non-profit>.

Make Your World More

Vibrant

With Better Hearing

Tobias

Hearing Center

With groundbreaking new hearing aid technology, you enjoy more organic sound.

Call to schedule your appointment today!

382 Quincy Ave | Quincy
617.934.4656

TobiasHearing.com **AUDIBY**

FEB

11

2021

A Year Like A Roller Coaster: Lots Of Ups And Downs

COVID-19: Outbreak To Vaccination

By **FRANK HOGAN** with **KATHY HOGAN**

Saturday morning I had just left the receptionist at the Manet Community Health Center. I looked down for the second time at the piece of paper I held in my hand and read it again to myself: "COVID vaccine confirmations, Monday Feb. 1 at 2:30 p.m. at 180 Old Colony Avenue." I put it safely in my pocket and stepped through the doorway to the beautiful morning sunshine.

I felt an enormous amount of joy and relief, a major step forward to our health. I was driving home along Southern Artery when my car turned into Dunkin' Donuts, seemingly of its own accord! It was to be donuts and coffee in celebration for my wife Kathy and me, about to get our COVID vaccinations. This was just another step in what seems a long, long journey with the COVID pandemic.

My first recollection is from last year visiting home in the UK, late January. We were about to head back to Boston traveling by train from Liverpool to Manchester airport. Our fellow passengers facing us included an Asian family of four; the boy, who looked about 14, starting vomiting. My wife hoped it was only motion sickness. (Having recently heard talk of a worrisome virus out of Asia, we hadn't heard yet any details about its specific symptoms. Could they have just traveled from there, she wondered.)

Shortly after, the train pulled into the next station and the family got off. Within five minutes, over the loudspeaker came an announcement that the train (with its soiled area) would be taken out of service and that all passengers had to leave and go to another platform. It was a relief to be out of that area! The people who went to clean up were dressed in hazmat suits and entered the train as soon as we left. This change of trains ultimately caused us to miss our scheduled flight. However, the bright side to this was that the airline gave us accommodations in one of the better airport hotels. We had an exceptionally nice room and a sumptuous breakfast. We were then driven to the terminal.

It was soon after arriving home in Boston that we started to learn about the COVID-19 virus and that it was mainly

a respiratory, not a digestive, illness. Having COPD, soon after testing became available, I was tested. Fortunately, it was negative. A few months later I was tested again as I was experiencing some symptoms, but again it was negative. It was getting so that, any time you'd have any kind of symptoms, the first thing you'd worry about was whether you have this virus.

So, back to a recent Saturday morning, having celebrated with donuts and coffee and putting our appointment confirmation in a safe place, I was on the phone with Bob Bosworth talking about the pandemic when he asked me what time our appointment was. I told him it was Monday at 2:30, and Bob replied, "You know, Frank, we're expecting a Nor'easter on Monday." (Gee, thanks, Bob!) I said, "No problem, mate, it's a piece of cake, I went through the Blizzard of '78 with your dad. This I can take."

Monday morning the phone rang, and we were told to go over to 180 Old Colony Avenue a little earlier due to the Nor'easter. We arrived on time, there was plenty of parking, things looked well organized, we were given a simple form to fill in, and got in line. While waiting, I did a quick head count, and I'd say between two lines, waiting area, recuperation area, and people entering and leaving, in the hour we were there, there were about 80 people. There were more people before we arrived and some more when we were leaving. I was amazed how quickly and how well things went. It was a little difficult for me because I've always been a bit nervous about needles. I like to do things to keep my mind from it. I wanted to show my appreciation, too, so I took a carton of Mentos, tangerines, and granola bars and gave them to the workers and volunteers.

I must say this was such a quick and easy inoculation without any pain or problems. The only problem was with me and my fears, and to anybody considering having the vaccination, believe me, it's about as easy as it comes. I



A GRATEFUL Frank Hogan receives his COVID-19 vaccination at Manet Community Health Center Feb. 1.

Photo Courtesy Kathy Hogan

want to thank all the staff and volunteers for their work. I'll volunteer myself if any additional help is needed by Manet or by the city. I have the time and the vehicle and am willing to drive people to appointments, or be of any help I can. Once again — OH SO EASY — and painless!

A grateful Frank Hogan

McDermott Launches 'Norfolk County Heroes' Initiative

Norfolk County Sheriff Patrick McDermott has launched a new "Norfolk County Heroes" award program designed to recognize acts of heroism, community building, and public service by the residents of Norfolk County.

"We all know people who are motivated by a desire to make life better and safer for others. They're the people who keep our communities thriving," McDermott said. "Norfolk County is full of these kinds of heroes, and it's important that we take every opportunity to recognize them. The Norfolk County Heroes award is one way that we can honor the hard work of those whose actions make life better for everyone else."

Nominations are being accepted online for the Norfolk County Heroes award. Recipients will receive a

certificate of merit from the Norfolk County Sheriff, have their name listed as a Norfolk County Hero on the Sheriff's website, and be recognized in a ceremony. (Because of COVID-19 precautions, a later group ceremony will be held to recognize all awardees who received their award during the pandemic.)

McDermott added, "I encourage anyone who knows someone deserving recognition for their acts of selflessness and heroism to nominate them for this award."

Recipients will be chosen from nominations made by Norfolk County residents, who can nominate individuals and groups. To make a nomination and learn more about the Norfolk County Heroes award, visit

www.NorfolkCountyHeroes.com

Need an extra hand? we got you...

Painting a room? Organizing?
Cleaning and Sanitizing your home?

We can even shop, cook & set-up your meals for the week

Visit us at: www.thirdhandcleanandpaint.com

to learn more about
our services or call
857-939-3175



Your mortgage and debts paid in full in the next 10 years ... It can happen!



If it's part of your plan to pay off your mortgage, credit cards and home equity loan before you retire, the 10-Year Mortgage from Colonial Federal Savings Bank lets you make it happen. It's also perfect for homeowners who want to borrow against their equity but don't want an adjustable credit line or new 30-year loan. And it may be for you if you have 15+ years left on a mortgage that you'd like to pay off more quickly at a much lower rate. Call Cathy or Eileen at 617-376-3500. Or apply online at colonialfed.com. (Have another loan or term in mind? Call us. We may be able to help.)

10-YEAR FIXED

1.99% RATE

2.25% APR

NO POINTS!



COLONIAL FEDERAL SAVINGS BANK

"Your neighborhood bank!"

QUINCY: 15 Beach Street 617-471-0750 • 1000 Southern Artery (Residents only) 617-479-1430
HOLBROOK: 819 South Franklin Street 781-767-1776
EAST WEYMOUTH: Middle & Washington Streets 781-331-1776

ONLINE: colonialfed.com

Some additional facts: Rate/Annual Percentage Rate (APR) effective as of 02/01/21 and may change. Applies to 1-4 family owner-occupied homes. Assumes a maximum 80% loan-to-value and first mortgage position. Subject to credit approval. A 10-Year Loan would be repaid in 120 equal monthly principal plus interest payments of \$9.20 per \$1000 borrowed, which do not include taxes or insurance premiums, if applicable. So your actual monthly payment will be greater. Minimum loan amount is \$250,000. NMLS # 409557



Member FDIC

The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

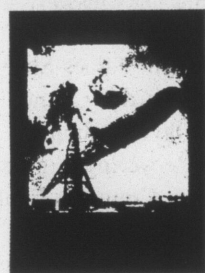
Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com

email address: thequincysun@verizon.net

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

The Quincy Sun assumes no financial responsibility for typographical errors in advertisements but will reprint that part of an advertisement in which the typographical error occurs.



Moments in time

THE HISTORY CHANNEL

• On Feb. 24, 1786, Wilhelm Karl Grimm, the younger of the two Brothers Grimm, is born in Germany. The Grimm collection of folk and fairy tales includes "Hansel and Gretel" and "Little Red Riding Hood."

• On Feb. 25, 1862, the U.S. Congress passes the Legal Tender Act, authorizing paper notes to pay the government's bills. It ended the long-standing policy of using only gold or silver in transactions.

• On Feb. 26, 1919, the Grand Canyon National Park is established. The chasm, home to more than 1,500 plant and 500 animal species, is more than a mile deep, and 15 miles across at its widest point.

• On Feb. 22, 1959, Lee Petty edges Johnny Beauchamp in a photo finish to win the first-ever Daytona 500 in Florida. Beauchamp was initially named the winner, until Petty challenged the results using news photos.

• On Feb. 27, 1964, the Italian government begins accepting suggestions on how to save the Leaning Tower of Pisa from collapse. The top of the 180-foot tower was hanging 17 feet south of the base. The tower's lean is caused by the remains of an ancient river estuary under the building.

• On Feb. 23, 1980, speedskater Eric Heiden captures the 10,000-meter race at the Winter Olympics in Lake Placid, New York, in world record time to win an unprecedented fifth individual gold medal. Heiden had overslept and rushed to the rink after eating just a few slices of bread.

• On Feb. 28, 1993, in Waco, Texas, federal agents launch an unsuccessful raid against the Branch Davidian compound as part of an investigation into illegal possession of firearms and explosives by the Christian cult. On April 18, U.S. Attorney General Janet Reno approved a tear-gas grenade assault on the compound. A fire erupted and at least 80 people died.

(c) 2021 Hearst Communications, Inc.

All Rights Reserved



Soil temperatures

Tree and shrub roots can be damaged or killed if the temperature of the soil around them dips to 10°F or lower. To help protect roots, look for deep ruts or cracks in the soil around the roots, and fill them in with additional soil, tamping down lightly. Watering well in autumn helps to prepare the soil to better protect the roots from dangerous conditions. Covering the root zone only (not against the trunk) with 4-6 inches of organic mulch, as well as allowing snow to cover the mulch, will form a barrier that can help the soil retain optimal temperatures for root health. — Brenda Weaver

© 2021 by King Features Syndicate, Inc. World rights reserved.

\$200 Million Lost: 4 Stimulus Check Scams And How To Avoid Them

The second stimulus check for \$600 being distributed to Americans has led to unprecedented online scams that broke the \$200 million milestone.

The FTC has received more than 275,643 reports of fraud relating to Coronavirus, costing victims more than \$211 million. Google reported during the first stimulus it was blocking 18 million scam emails every single day; and 150,000 fraudulent stimulus check sites were launched.

With a third stimulus for \$1.9 trillion being negotiated in congress, Americans must be on alert and know how to protect themselves right now and going forward.

SocialCatfish.com recently released a report on 4 Stimulus Check Scams and How to Avoid Them based on information from the FTC, FBI and IRS during the Coronavirus pandemic.

1) ROBOCALL CHECK SCAMS: The scammer will call pretending to be the IRS and ask for your personal financial information. They will claim they need this to deposit the stimulus check into your account and will also ask for a fee to deposit said check. The truth is, they want your information so that they can pretend to be you and claim the check for themselves. They can also drain your bank account with this information and will keep the fee for themselves for good measure.

How to Avoid: Do not give out any personal information. The government already has your information on file from when you filed your taxes. The stimulus check will either be automatically deposited into your account or you will get it mailed to your house.

2) EMAIL AND TEXT SCAMS: Scammers will send

you a phishing email, text message, or message on social media claiming that they are the government. They may email you telling you to click on a link to "verify" information, or text message you a link to fill out an application to receive your check.

How to Avoid: Do not click on any links that are emailed or texted to you. Again, the government already has your information and checks or debit cards are either directly deposited or mailed to you.

3) FAKE WEBSITE: If you click on suspicious links, they will likely take you to fake websites that will download malware onto your device and steal your information to drain your bank account. These sites also contain fake forms so any personal or financial information you provide will go to the scammer.

How to Avoid: Do not go to any website that does not end in ".gov". There are no non-government websites giving stimulus checks. If you suspect a fake website, get off it immediately and report it.

4) PHONY CHECKS: Scammers have been mailing fake checks that look exactly like the official government-issued paper stimulus checks. Once deposited, the scammers text you pretending to be the government asking for some of the money back claiming too much was sent.

How to Avoid: Make sure the check is legitimate, ask your bank to verify it. If anyone asks for a portion of the check back, tell your bank immediately.

If you encounter a coronavirus scam, contact local law enforcement, or file a complaint with the FTC. For more information on the status of your stimulus check visit the IRS website.

Do Women Have An Equal Voice In Virtual Finance Conversations?

By ALLISON NOLAN

The new social media platform Clubhouse has been making waves in recent weeks. Some industry experts are saying it might be the next major social media platform. So, I was eager to accept my invitation to join and see what all the fuss is about.

This is an audio-only app where users can join chat rooms to listen or participate in the conversation by raising their hand and being invited by the moderator(s) to speak. It is exciting to join this platform in the early stages and listen to, and even ask questions of, some incredibly knowledgeable and prolific people. The wide range of topics for discussion is phenomenal. And if you don't find a room discussing something of interest to you, you can just start your own!

Although I have only spent limited time on the platform so far, I am finding an abundance of people who are showing up in a truly authentic way and who are motivated by content and connection. I have really enjoyed contributing to conversations, and it is wonderful to be able to give support and do my best to inspire and elevate others. And I really appreciate those who have been so generous in sharing their knowledge with me.

Aside from contributing, the most enjoyable experiences for me have typically been the heart-driven rooms, many of which are led by women. I have heard women supporting women in business, lifestyle, emotional and physical health, and I am sure there are conversations on literally almost any topic you care to name. I have heard women holding space for others, in the process increasing their confidence and helping them find their voice.

Similarly, there are some extraordinary men who are clearly happy to be of service and add value. They are sensitive to the dynamic of a room and make sure that everyone has the chance to speak. However, on occasion, I have seen this approach lacking in some of the very large chat rooms, which can create a different energy.

While my personal experience of the platform has been positive overall, when discussing with other women, the concern is regarding the large rooms with business and finance topics being male-dominated. In these conversations, eminent male professionals at the top of their field literally follow each other and, when a room grows in size, they invite their male colleagues up to speak and moderate and rarely open up the floor to hand-raising. Women have said they feel that the only way of having a voice is by being a wife or close contact of the male moderators or a woman with an already huge following. The feedback is that it doesn't feel very inclusive and, when this happens, despite hearing many great nuggets of information, the ver-

bal muscle-flexing and the ensuing energy means that it is difficult to feel part of the group.

At the same time, the rooms lead by women, even if targeted on helping women, should also be cognizant of the need to welcome the different viewpoints of male peers and the role of men as allies. Gender-specific conversations are a completely different matter if the intention is to provide a safe space on intimate topics, but outside of that it generally enhances the conversation if everyone has an equal opportunity to share.

At this critical juncture, when the virtual environment has the potential to unite and create more balance in corporate meetings, it is disappointing to hear about the gender imbalance in some business and finance conversations. The concern is that, if continued, this could be quite damaging and perpetuate gender stereotypes.

With the move towards quotas for women on boards that we are seeing by the NASDAQ and the State of California, in the same way query whether the designers of this app could address inclusion by making it a more integral part of the rules of engagement.

This is a great opportunity for women to find their voice and be heard in business. Technology races ahead and provides new platforms, but inclusion still trails. It's time that changed, because a balanced room brings more energy, different perspectives, and is better for everybody.

Allison Nolan is the founder and managing director of Athepa International Management Limited, an award-winning boutique governance provider offering experienced independent directors to the international alternative investment funds community. She is the author of the upcoming book, *Madam Chair*, which discusses the transformation that enhanced gender diversity and inclusion can bring to the hedge fund industry. Nolan has been a director of regulated entities since 2002 and has served as a full-time professional independent director since 2005. She serves as the Chair of the Education Committee of the Alternative Investment Managers Association in the Cayman Islands and has contributed to several legal journals and industry publications.

Six Quincy Students On Quinnipiac Dean's List

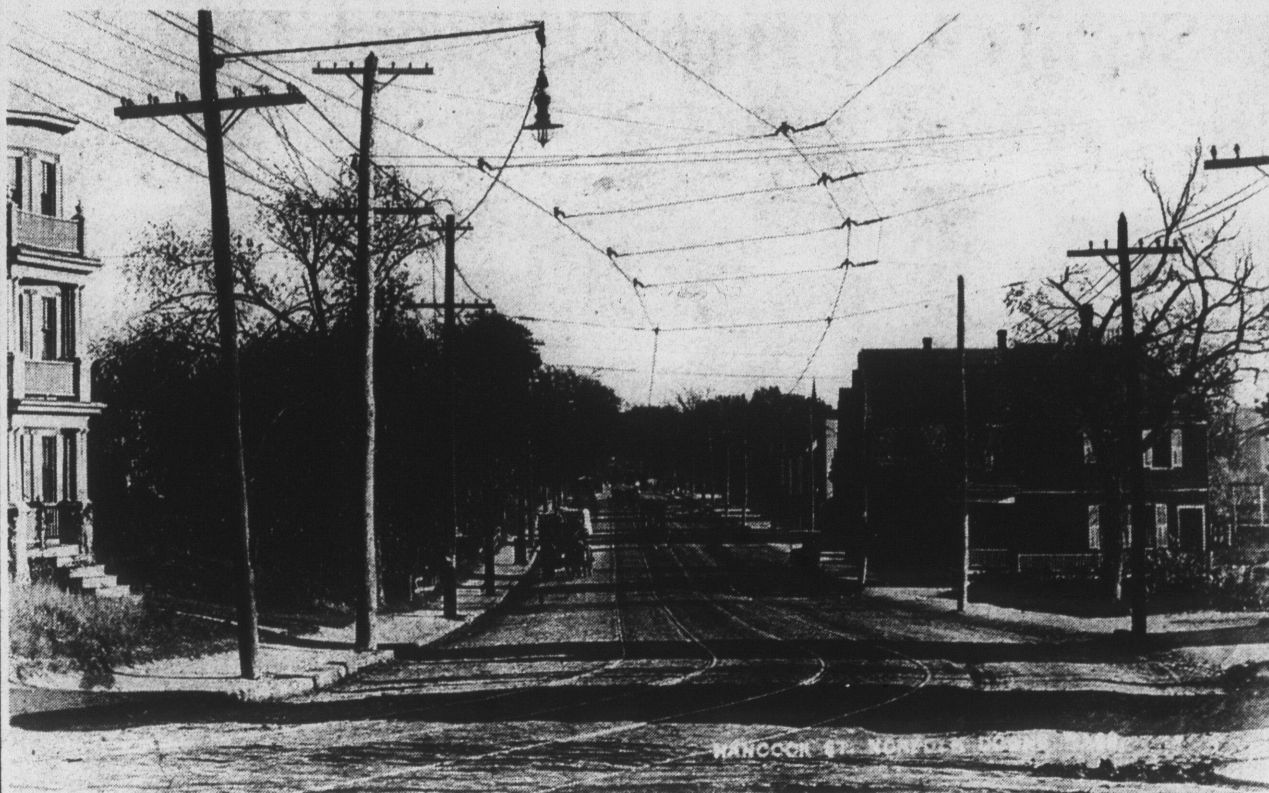
Six students from Quinnipiac University have been named to the Dean's List for the fall semester at Quinnipiac University in Hamden, CT. They are: Khrystopher De Jesus, Emma Jaehrig, Declan Murphy, Kevin Pedro, Paulo Antonio Soares and Catherine Yameen.

FEB

11

2021

Scenes From Yesterday



THIS IS A 1909 real photo postcard view of Hancock Street in Norfolk Downs looking south from its intersection with Billings Road. The triple-decker on the left is still extant and is now condominiums. The houses on the right were bought and torn down by the Boston Gear Works whose extensive factory operations dominated this area for many years. The company later built an office building on the site of the houses between Hayward and Burgess Streets. That office building and several other adjacent buildings are now the Granite Loft Condominiums. After 100 years here, beginning

in 1906, Boston Gear has relocated to Charlotte, N.C. In 1948, busses replaced the electric trolleys that ran with the overhead wires and the tracks down the middle of the street. When it was first built this portion of Hancock Street was known as the Neponset Turnpike and charged tolls. Except for the slight curve in the foreground, it ran pretty much in a straight line from Quincy Square to the Neponset River where a bridge was built.

From The Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1990
31 Years Ago

6% Cuts For All City Departments

Anticipating City Council approval of a sewer user-fee and a "reasonable" reduction in local aid, Mayor James Sheets said all city departments would be reduced by six percent to balance the FY1991 budget.

"If we get the fee, the budget cuts will be six percent below this year's budget level," Sheets said.

The fee most likely will pass at the Feb. 20 meeting of the City Council. A majority of the councillors have indicated support for the fee, which will generate \$9.5 million next fiscal year, which begins July 1. With the fee, the city will raise \$121 million in FY1991 however the city faces a \$15 million shortfall in FY1992.

RECYCLING FOR GLASS, MAYBE LEAVES

The city's recycling program will be extended to include a drop-off center for glass in the spring and possibly leaf composting in the fall, city officials announced.

The announcement was made by Mayor James Sheets, Ward 3 Councillor Lawrence Chretien, Ward 1 Councillor Peter Kolson and DPW Commissioner David Colton.

Chretien is chairman of the city's Recycling Committee while Kolson is chairman of the City Council's Public Works Committee.

Sheets said he will "work closely with the Recycling Committee to make these programs a priority of my administration's first year in office."

QUINCYISMS

Dependable Cleaners, with three locations in Quincy, was offering: "A One Day Only Special, Monday, Feb. 19, Coats Cleaned and Pressed, \$2.88, No Limit"... The Quincy Building Department issued 109 permits for an estimated \$8,075,731 in construction for January 1990... The Hibernia Savings Bank, 731 Hancock St., Wollaston, was offering: "Three Year Adjustable Rate Mortgages for 25 Years at a Rate of 10.652%"... **Grace Giunchiglia**, secretary to **Mayor Amelio Della Chiesa** in the 1960s, has returned to City Hall where she is now secretary to **Mayor James Sheets**... **Theresa Gacicia**, secretary to the Quincy License Board, retired after 17 years in the position... **Former Mayor Frank McCauley** was teaching a course in government at Quincy Junior College... **Caroline Collins**, daughter of **School Committeewoman** and **Norfolk Commissioner Mary Collins** and her husband, **Tom Collins**, has purchased the Richards' Advertising Company on Teanean Street in Dorchester... South Shore Evening Medical Care announced their new location would be at 500 Congress Street, 3-C, Crown Colony Office Park... **Marilyn Reisberg**, a Quincy artist, was serving as a member of the Committee for Art Boston 1990... **John "Jake" Comer**, Past National Commander of the American Legion, was scheduled to be the guest speaker at the Feb. 22 meeting of the Quincy Historical Society... **Dorothy Nickerson**, 80 Clay St., Wollaston, Tobin Towers, celebrated her 90th birthday at a gathering of friends and relatives. Asked about the secret of her longevity, she said, "I always figured the Devil didn't have a shovel big enough"... **Karen A. Flaherty** and **Keri Anne McDonough**, both of Quincy, were named to the Dean's List for the fall semester at Newman Preparatory School... **Robert P. Chiminello**, of Wollaston, a tax and financial advisor, was offering: "Complete Accounting and Tax Services, Both Personal and Business"... A brunch, sponsored by the Quincy Sons of Italy Lodge, raised over \$3,000 for Cerebral Palsy. **John DeCarli**, Lodge Chairman of the Board of Trust and **Dennis Tardo**, Special Events Chairman, were in charge of planning the event... The Quincy Jewish War Veterans honored three high school students from Quincy. They included: **Brian Glennon**, North Quincy High School; **Arlene Amo**, Quincy High School, and **Craig Galligan**, Quincy Vocational-Technical School. In charge of arrangements were **Post Commander Bertrand Shaffer** and **Harvey Solomon**... The Bank of New England, Quincy Branch, was offering: "8.50% Simple Interest on Six Month Certificates of Deposit"... Boy Scout Troop 51 of the Wollaston Congregational Church scheduled a Pancake Breakfast, March 4, at the church. Ticket prices were \$3 for adults and \$2.25 for children under 12... **Dr. Sheldon Bennett**, minister of the United First Parish Church, Quincy Center, delivered the Sunday sermon entitled: "Attitudes for a Better World."

AARP Fraud Monthly Watch: February

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

- **An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

- **A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

- **A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

- **Free for Everyone:** Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1: ID THEFT AWARENESS WEEK

The first week of February is Identity Theft Awareness Week. It's a good time to think about a sobering reality: your personal information has been stolen. Many entities have our personal information - credit card and bank account numbers, Social Security numbers, and health-related information - and data breaches have exposed it. So, what can we do to protect ourselves after the fact?

Here are three steps to protecting yourself against identity fraud. 1) Place a security freeze on your credit accounts with the three big agencies so no one can open a new credit line in your name; 2) Establish online access to your financial accounts and monitor regularly (you can typically set up text alerts for activity on these accounts); 3) Use unique passwords for every online account; consider purchasing

a password manager that creates complex passwords and stores them securely.

SCAM ALERT #2: ROMANCE/IMPOSTER SCAMS

February means Valentine's Day, but romance scammers abound every month of the year. It's important to understand that a "romance" scam isn't about romance at all. It's about people looking for social connection online - whether a dating site, an online game, or a neighborhood listserv. Criminal imposters are more than happy to provide that connection - at great cost.

How can you tell if your new online connection is fake and what can you do if it is? First, be wary of a new relationship with someone who suddenly bestows on you overwhelming affection; this is what criminals call "grooming." Second, check their photos using your web browser; both Google and Bing offer image search. You may find your Romeo's picture is actually one of a Marine sergeant's or from a magazine ad. Most importantly, don't engage with any financial transaction - this is the biggest red flag and the one that can cost you thousands of dollars and great emotional pain.

SCAM ALERT #3: MONEY MULES

We know that criminal scammers steal billions of dollars every year. But how do they avoid law enforcement tracing all that money? Enter the money mule. A money mule transfers illegally acquired money or packages. The unfortunate reality is that many money mules have no idea they are involved in criminal activity.

Using money mules helps criminals launder money stolen through scams and fraud or other crimes like human and drug trafficking. They add layers of distance between criminals and their victims, making it hard for law enforcement to follow the money.

The Department of Justice has seen an increase in victims becoming involved in money laundering schemes without knowing they were committing a crime. These money mules respond to fake job ads or social media posts promising easy money for little effort. They think they're making a fast buck legally but don't know they are helping international criminals launder billions.

If anyone tries to get you to move money in any way - by opening accounts, sending you checks to disperse with a money app, by purchasing gift cards and sharing the information off the back, or sending and receiving cash - walk away.

SCAM ALERT #4:

UNEMPLOYMENT SCAMS AND TAX TIME

It's tax filing season, which means sorting through forms and paperwork. This year, preparing to file may take an un-

Cont'd On Page 10

Antwan Richardson Graduates NY Institute Of Technology

Antwan Richardson of Technology in Old Westbury, N.Y. Richardson graduated recently received degrees at the New York Institute of Technology with an MS and studied energy management.

February Is For Felines:

Best Friends Animal Society Offers Tips to Keep Your Pet Healthy During National Cat Health Month

They are the purr that heals, the curtain ninja that entertains, the in-house Zen master. They are the cats we invite into our homes and in February the spotlight is on their well-being during National Cat Health Month.

Pet cats are varied and complex creatures, whether they are devoted couch surfers, or indoor/outdoor cats that love to go on adventures with you in the backyard, walking on a harness and leash or cruising in a stroller. And they rely on us to keep them healthy.

Dr. Erin Katribe, medical director for national animal welfare organization Best Friends Animal Society, urges people to look at every aspect of their life with you.

The Essentials

"Perhaps the most important thing you can do to keep your cat healthy is to ensure that you're providing the basic essentials in the best way possible. These essentials are food, water, litterbox, and exercise. Cats' ancestors didn't eat or stay hydrated the same way that our house cats do; the dry kibble that is most convenient for owners to feed is very different than their natural diets. If you are able to feed your pet canned food it is a much closer approximation to their ancestral diets than is dry," Katribe said.

More attention is being paid to the obesity problem in pet cats, she said. "It can lead to diseases like diabetes (feline diabetes is very similar to Type 2 diabetes in people), so keeping your cat at a healthy weight by monitoring and adjusting their food quantity is key to keeping them healthy. Obesity can also lead to arthritis and joint pain. Your veterinarian can help you determine what a healthy weight is for your pet and can guide you through modifying their diet and amount of food in order to achieve that healthy weight."

Which brings us to how important exercise is for cats. "It's not just dogs that need exercise — cats need it, too," Katribe said. "While you can harness and leash train cats, and many felines enjoy this, most pet cats prefer a more private form of exercise. Providing toys and engaging them in play with laser pointers or string toys for exercise are great ways to keep them active. This is not only mentally stimulating but can also help prevent obesity that can lead to other diseases."

Nobody really wants to talk about litterboxes but for pet cats, this is an important topic. Litterboxes should be placed in convenient places for the cat rather than tucked away in a distant part of the house, in order to avoid behavioral misuse. If a cat starts urinating outside the box, it might be due to a number of causes. Dirty boxes or boxes placed too far out of the way can contribute, or it may be due to a much deeper problem, like urinary infections or kidney disease. See a vet right away if you notice litterbox habit changes.

Veterinary Care

One way to keep your cat healthy is to schedule regular wellness visits with your veterinarian, Katribe said. These visits not only include vaccines to prevent disease (important even for indoor cats), but also include a thorough physical exam and additional testing that can be key in catching illness early.

"Cats are masters at hiding illness, what likely evolved as a survival tool in their ancestors; what this means for the cat parent, though, is that when Fluffy starts to actually show signs of sickness, her situation may be much more serious than you think, and something has been going on for a while. If you do notice even small changes in your cat's health or behavior, it's better for both of you to see a vet sooner rather than later. Addressing problems early will mean a much greater chance of successful treatment and will likely mean less stress on her and less financial expense, too."

Helping Cats Get Back Home

One of the most stressful events that can happen in a pet parent's life is losing their pet companion — for cats, this might mean an indoor-only cat slipping out the door, or an outdoor cat not returning home according to the normal routine. For cats that end up in our nation's animal shelters, only about 5% of them make it back to their owners.

"One way that we can increase the number of cats returned to their families is by using identification," Katribe said.

Collars and tags are a low-tech way to achieve this, and anyone can read the tag and help the pet get back home. But she cautioned that cats may lose their collars. "So an even better solution, in addition to a cat-specific collar, is a microchip. Microchips

are small pieces of technology, about the size of a large grain of rice, that are implanted under the skin. When the pet is scanned with a microchip scanner, the scanner will display a number unique to that chip and that pet. If registered online (don't forget this important step!), that number will link the pet back to your contact information. Shelters and animal control agencies generally scan pets when they enter the shelter, so this can lead to pets getting back to their homes much more rapidly, and with a greater chance of success."

The Importance of Spay/Neuter

Spaying or neutering cats not only helps them live healthier lives, but it also helps save the lives of cats across the country.

"For the individual cat, sterilization can reduce or completely eliminate the chance of certain cancers, and it reduces unwanted or dangerous behaviors like urine marking, fighting, or roaming. And the sad truth is cats are twice as likely as dogs to lose their lives in our nation's shelters, simply because there aren't enough homes for all of them. Spaying and neutering pet cats prevents more kittens from being born and so allows for more of the cats that do end up in shelters the chance at life," Katribe said.

She added that progressive lifesaving strategies like community cat programs have been implemented in many shelters nationally as an alternative to cats needlessly losing their lives — check out Best Friends website for more information here.

Best Friends Animal Society is a leading animal welfare organization working to end the killing of dogs and cats in America's shelters by 2025. Founded in 1984, Best Friends is a pioneer in the no-kill movement and has helped reduce the number of animals killed in shelters from an estimated 17 million per year to around 625,000.

Best Friends runs lifesaving programs all across the country, as well as the nation's largest no-kill animal sanctuary. Working collaboratively with a network of more than 3,200 animal welfare and shelter partners, and community members nationwide, Best Friends is working to Save Them All. For more information, visit bestfriends.org.

Planning, Designing A Productive Vegetable Garden

By MELINDA MYERS

Whether planning your first, second or tenth vegetable garden it can be overwhelming. There are so many tasty vegetables and never enough space and time to grow them all.

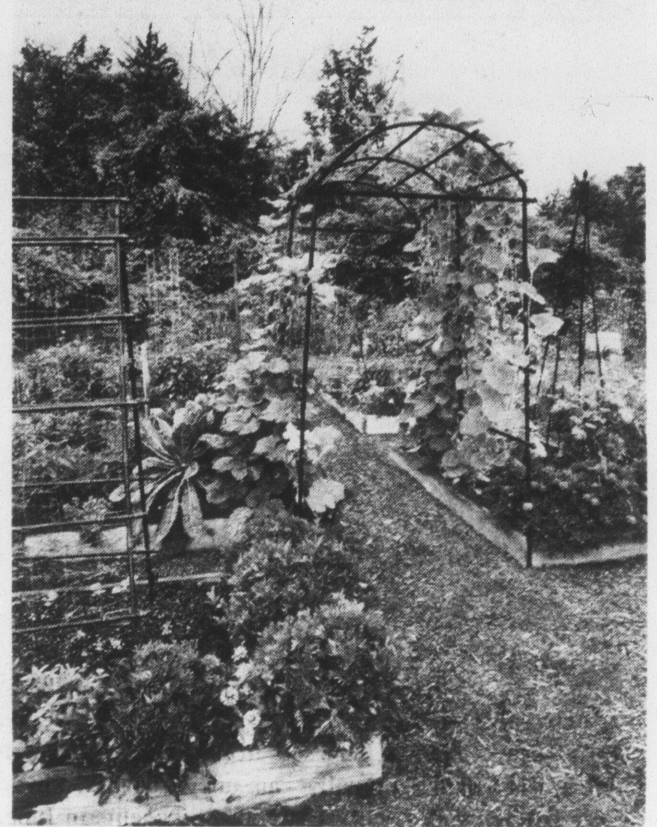
Start with a plan. Locate your garden in a sunny location with moist, well-drained soil. Save those partially sunny areas for greens like lettuce, chard and kale as well as root crops like radishes and beets. These prefer full sun but will tolerate more shade than tomatoes, peppers, squash, broccoli and other plants we eat the flowers and fruit.

Review your favorite recipes and make a list of family favorites and those vegetables most often used. Then check the list to see which vegetables are suited to your climate and growing conditions and those that make the most economic sense to include in your garden.

Tomatoes and peppers produce lots of fruit from one plant and are common ingredients in many recipes. Sweet corn is fun to grow but needs lots of space for a relatively small harvest. If space is limited, consider buying your sweet corn at the farmers' market and use that space to grow other edibles.

Every gardener struggles with determining how many of each type of vegetable to grow. This depends upon the productivity of the variety selected, your family's eating habits and of course the impact of weather on the harvest. It is always better to start small, build on your successes and expand the garden in the future. Track your planting and harvesting results to help when planning future gardens.

You will need to plant more if you plan to preserve or donate a portion of your harvest. Purchasing vegetables from your local farmers' market is a way to ensure you have sufficient fresh produce when you are ready to can, freeze and ferment.



INCORPORATE TRELLISES into garden plans so beans, peas, tomatoes and even squash can be trained to grow vertically. Photo courtesy of Gardener's Supply Company

ment.

Sound overwhelming? Consider enlisting help from Gardener's Supply by using one of their vegetable garden plans (gardeners.com). You'll find customized plans for those who like to cook, want to grow ingredients for a garden-fresh salad, salsa or cocktails, or are following a Mediterranean diet. Many come with seed packets for all the featured plants.

Maximize the available space by growing vertically. Train pole beans, peas, tomatoes, cucumbers and even squash and melons up trellises. Growing vertically not only saves space, but also increases disease resistance by increasing light and airflow through the plants. And picking beans at waist height is much easier than harvesting from low-growing, bushy plants.

Increase space with containers. Consider growing some of your frequently used herbs and vegetables in pots on the patio, balcony, or deck for convenience. You can quickly grab what you need when creating your favorite meal.

Grow multiple plantings in each row. Start the season with cool season veggies like lettuce, peas and radishes. Once the temperatures climb and these plants are harvested and enjoyed, replace them with warm weather vegetables like tomatoes, peppers, beans, cucumbers, squash and melons. Finish off the season by filling any vacant rows with fall crops like greens, beets and radishes.

Take some time to plan a garden that will provide you and your family with fresh produce you can enjoy all season long. Involving everyone in the planning process just might get them to show up and help weed.

Melinda Myers is the author of more than 20 gardening books and hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

Bridget Durgin On Stonehill College Dean's List

Bridget M. Durgin of Quincy, a senior at Stonehill College, has been named to the Dean's List for the fall semester.

Bridget is majoring in accounting. She is a 2017 graduate of North Quincy High School. Bridget is the daughter of

John and Maureen Durgin of Quincy, and the granddaughter of Mary M. Graton also of Quincy.

Two Quincy Students On Saint Michael's Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Saint Michael's College in Colchester, VT. They are: Brendan Waples, a junior

accounting major and a graduate of Xaverian Brothers High School. Catherine Mayo, a sophomore psychology major and a graduate of Quincy High School.

QUINT'S
House
of Flowers
Family Owned & Operated
Since 1919
761 Southern Artery
QUINCY
617-773-7620

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUZIE FALCO



Pancetta Stuffing

By MARIE

Each time I talk to a relative or friend invariably we start taking about food and recipes that we have made recently.

Over the Thanksgiving holiday, I was talking to my niece, Daria, and she told me about her recipe for stuffing which she used Pancetta, an Italian bacon, for an entirely different flavor. This recipe is great for holiday dinners or anytime!

Ingredients:

- 1/4 pound pancetta, chopped in small pieces
- 1 small onion, diced

- 1 stalk of celery, diced
- 1 small carrot, diced
- 1 tablespoon olive oil
- A box of favorite stuffing mix
- 1 teaspoon of bell seasoning (or any favorite seasoning)

In the hot oil, sauté the pancetta with the onion, then add celery and carrots; sauté until tender.

Then add the stuffing mix which you have made according to the directions on box.

Add that to the mixture and blend well. Bake in a greased casserole dish for about 20 minutes.

Veggie Chili

By SUZIE

Here is a yummy vegetarian chili recipe that is loaded with vegetables and has a couple of unique ingredients: raw cacao powder and maple syrup! These two ingredients together create a richness in veggie chili that it is many times lacking. Think of mole sauces that use cocoa powder and tomato/spices.

You won't miss the meat in this recipe. This tastes better made ahead of time because the flavors even get more intense. You may need to add a bit more salt to this, depending on how you like it. Enjoy!

VEGGIE CHILI

- 1 tablespoon cumin
- 2 tablespoons chili powder
- 1 tablespoon raw cacao powder
- 3 tablespoons olive oil
- 1 chopped onion
- 4 garlic cloves, minced
- 1 1/2 cups diced mushrooms (any kind will do, I like baby bella)
- 1 zucchini, diced
- 1 diced sweet potato
- Two 15-ounce cans of black beans, rinsed

- One 15-ounce can of kidney beans, rinsed
- One 14-ounce can of crushed tomatoes
- 2 tablespoon tomato paste
- 1 red pepper, chopped
- 3-4 cups veggie broth
- 2 tablespoons maple syrup
- 1 teaspoon sea salt
- 2 cups baby spinach

Chopped Diced avocado (optional)
Fresh cilantro (optional) but makes it so much better!

Saute olive oil, onion, pepper, zucchini, and mushrooms over medium heat for about 5 minutes. Add garlic and stir. Now add sea salt, cumin, and chili powder and saute a bit more then throw in 3 cups of broth and paste.

Simmer for a few minutes, then add in everything else except the spinach, cilantro, and avocado. Cover and cook on low, until potato is tender. At this point, You may need to add a bit more broth.

Cook about 30 minutes. Stir in spinach and cook until wilted. Garnish with avocado and cilantro.

Postal Services Reminds Homeowners To Clear Walkways From Ice, Snow For Mail Delivery

It takes more than a few flakes to deter letter carriers from making their appointed rounds throughout New England. "But, if they cannot reach your mailbox, they cannot deliver your mail," said Leroy Middleton, Postmaster of Boston.

"The Postal Service treats safety and service with equal priority," Middleton said, "That's why we remind you to include that mailbox in your snow removal routine."

Letter carriers are on the front line of severe weather conditions. Doorstep deliveries, painted porches and steps quickly grow hazardous. "While salting and rubber-backed mats help, we rely on you to clear the

snow," Middleton said. "If there's a warm spell, and the melting snow puddles, a quick freeze can make a sidewalk slick again."

Residents who receive delivery to roadside mailboxes also must keep the approach to, and exit from, the mailbox clear of snow or any other obstacles, like trash cans and other vehicles. "The carrier needs to get in, and then out, without leaving the vehicle or backing up," said Middleton.

"The area near the mailbox should be cleared in a half-moon shape to give the carrier full visibility." "Please watch for slow-moving postal vehicles, carriers on foot, and children that play near mailboxes or snow banks," he said. "And don't zip by neighbors who are clearing mailboxes or collecting their mail. Let's all stay safe."

I make house calls!



Interior decorating,
home décor sewing,
downsizing/decluttering,
home staging,
decorating seminars

Secretary of the Interior

Creative solutions at reasonable rates
Call Barbara at 617-921-6033
www.sec-interior.com

Girl Scouts of Eastern MA Kicks Off 'Cookies For A Cause' Program

Hundreds Of Cookies Donated To Children's Hospital

Girl Scouts of Eastern Massachusetts (GSEMA) recently kicked off its Cookies for a Cause Girl Scout Cookie donation program with a donation of over 400 packages of Girl Scout cookies to Boston Children's Hospital healthcare workers and staff.

This Girl Scout Cookie drop celebrates the first of several Cookies for a Cause donations, and is made possible by contributions from Girl Scouts and customers across eastern Massachusetts.

Through March 14, customers purchase Girl Scout cookies from a Girl Scout troop—online or in person—to donate to first responders and health care professionals, the military and veterans services organizations, local food pantries, or other local charities. By the end of the cookie

program last year, Girl Scouts in eastern Massachusetts collected more than 30,000 packages of Girl Scout cookies for donation.

"The Girl Scout Cookie Program is about more than just cookies," says Caitriona Taylor, chief executive officer at Girl Scouts of Eastern Massachusetts. "The pandemic created an opportunity to reimagine the cookie program to support Girl Scouts' money-earning goals in an online environment. Girl Scout troops sell cookies through personalized Digital Cookie websites, which help girls develop their marketing strategies, learn integral business skills, and become equipped with the confidence and know-how needed for a lifetime of leadership."

To support a Girl Scout troop and make a Cookies

for a Cause donation, visit gsema.org/donatecookies. Girl Scout Cookies are \$5 per package and available in eight other flavors: Thin Mints, Caramel deLites, Peanut Butter Patties, Peanut Butter Sandwich, Lemonades, Shortbread, Caramel Chocolate Chip Cookie (gluten-free and peanut-free), and Girl Scout S'mores. All varieties of Girl Scout cookies are available for purchase or donation.

Girl Scouts of Eastern Massachusetts' Cookies for a Cause also partners with many healthcare, military, and veteran organizations, including New England Center for Homeless Vets, Project New Hope, Helping Our Troops, USO New England, Operation Troop Support, Operation American Soldier, and Carepacks.

208 Quincy Students On UMass Amherst Dean's List

The University of Massachusetts Amherst announces 208 students from Quincy are on the Dean's List for the fall semester.

They are:

Marisa Irene Abundis, Daria Agrba, Kawsar Ahmed, Isabel Sofia Altaf, Kathryn Beverly Anderson, May Thu Aung, Philip Bryden Austin, Brendan Joseph Bailey, Sarah E Baker, Joseph Josub Ban, Andrew Michael Bargoot II, Megan Elizabeth Beck, Jack Henry Bolster, Melissa Cai, Emma Clark Caulfield, Dennis Chan, Alan J Chen, Cynthia Jie Wei Chen, Thomas Chen, Annie Chen, Arleena Chen, Davie Chen, Fiona Chen, James Chen, Jason Chen, Kelly T Chen, Li Chen, Nan Chen, Qiming Chen, Stanley Chen, Timmy Zhuo Yan Chen, Ye Chen, Andy Chen, Kevin Ka Fei Chen, Steven Souming Chen, Yazhi Chen, Timothy Chiu, Matthew Teen Yow Chung, Stephen Crane Cobble and Julia Eileen Cormican.

Jinna Deng, Ryan Der, Jeffrey Thien Diep, Joey Diep, Lachelle Do, Ava Marie Falco, Cormac James Flaherty, Sofie Mei Zhu Forbes, Janne Gao, Endi

Sarah McGowan On Endicott Dean's List

Sarah McGowan of Quincy has been named to the Dean's List for the fall semester at Endicott College in Beverly.

McGowan is majoring in nursing.

George Gjeli, Michael Shandon Golden, Amaryliss Jingting Gu, Shuling Guan, Nhi Thuy Ha, Deni Hamiti, Liam Donald Harney, Matthew John Hawley, Johnny He, Yixuan He, Grace Margaret Hobin, Jasmine Horburapa, Abraham Hoti, Ziwei Hu, Dorothy Y Huang, Eric Jian Fei Huang, Mandy Huang, May Huang, Liuyi Huang, Zizheng Huang, Kenny Huang, Ruohui Huang, Lok Sum Hui, Linh Yen Huynh and Virgil Phuong Huynh.

Tori Grace Ingram, Sha-oxi Jian, Mingyi Jiang, Zhiwei Jiang, Akima Thanh Khuong, Titus Kyei Mensah, Anna Lai, Jacky Lam, Priscilla H Lau, Catlinh Le, Erin Leung, Austin Ka-Ho Li, Emily Li, Qian Wen Li, Vivian Li, Jinxiu Li, Lynn Li, Shenhong Li, Xin Li, Lynn Li, Daniel Jian Lin, Xinkai Lin, Yun Lin, Kevin J Lin, ShiQin Lin, Wei Cheng Lin, Weinuo Lin, XinMei Lin, Yu Lin, Alex Yao-Hui Liu, Amy Liu, Taylor A Lo, Judy Le Luu, Owen Donovan Lynch.

Collin James MacDonald, Kaleigh Manton, Michelle Mark, Eamonn John Mayo, Shamus Christopher McBride, Fionnuala Hannah McDermott, Aidan Patrick Murphy, Edwin Dat Nguyen, Emily BaoNhi Nguyen, Jamie Nguyen, Jessica Nguyen, Timothy M Nguyen, Jennifer Nguyen, Elton Weng Nim, Christopher Sean Nolan, Kay Margaret O'Connor, Fiachra Kevin O'Farrell, Ronan John O'Farrell, Daniel Morgan O'Leary, James Freder-

ick O'Leary, Joseph Walter O'Neil, Imane Oubtrou.

Wenjing Pan, Steven T Pham, Tiffany Pham, Dayna Phan, Thomas Charles Potts, Margaret Dorothy Condon Powers, Mario Anthony Ragusa, XianHao Ren, Iva Resnja, Jacqueline Marie Ryan, Rolinsky Saint-Cyr, Jullana Louise Alpuerto Salbibia, Lindsay A Sheridan, Davi Soares and Madelyn Stevenson.

Bryan Tan, Whitney Tang, Norika Tang, Wesley Tat, Lindsey Mae Toland, Adam Trac, Lisa Thuy Tran, Twuyen Tran, Vivian Ho Tran, Kevin Tran, Jason Truong, Chijung Tsao, Marilyn Maureen Tseng, Bonnie Tu, Abigail McGowan Veazie, Alita Wanasilp, Jacqueline V White, Lauren Elizabeth White, Vivian Mary Wilson, Allison Wong, Amanda M Wong, Jonathan Wong, Kevin Wong, Matthew Wu and Yi Wu.

Alison Winne Xi, Jim W Xi, Jason Xiao, Qiang Wei Xu, Bingmei Xu, Angela Yang, Jacqueline Yip, Jonathan Yip, Amy Yu, Jackie Yu, Wai Kin Yu, Shishi Zeng, Hui Qian Zhang, Maggie Zhang, Brian Zhang, Chenxuan Zhang, Henry H Zhang, Jimmy Zhao, Xinran Zhao, Cristina Zhao Zhen, Shannon S Zhen, James Zheng, Melissa Zheng, Shu Qian Zheng, Zhi Le Zheng, Christine Zheng, Cindy Zheng, Mona Zheng, Sharon Zheng, Kenny Zhou, Jake Zhu, Joyce Zhu, Suki Zhu, Jacob Daniel Zisk, Linda Zou, Changzhi Zou, Maria Nancy Zraizaa and Arianna Mary Urekew.

FEB

11

2021

Attorney John Garland Nominated Associate Justice Boston Municipal Court

Governor Charlie Baker has nominated John E. Garland as an Associate Justice of the Boston Municipal Court. Garland, an attorney from Quincy, has more than 24 years of legal experience.

"Attorney Garland's decades of legal experience in the Boston Municipal and District Courts have prepared him well to serve as an Associate Justice of the Boston Municipal Court. I am confident that he will bring his unique understanding of these courts to the bench and will serve those who come before him fairly

and justly," Baker said. "I am pleased to submit this candidate to the Governor's Council for their advice and consent."

"Throughout his more than 24 years in practice, Attorney Garland has demonstrated his commitment to serving the legal profession and his community," said Lt. Governor Karyn Polito. "If confirmed, I am confident that he will maintain that commitment, serving the community as a valued member of the Boston Municipal Court."

The Boston Municipal

Court Department has 30 judges serving the City of Boston in 8 court divisions located in Brighton, Central (downtown), Charlestown, Dorchester, East Boston, Roxbury, South Boston, and West Roxbury. Besides both criminal and civil cases, the Boston Municipal Court Department also has jurisdiction to review some government agency actions, such as unemployment compensation appeals and firearms license appeals. If confirmed by the Governor's Council, Attorney Garland will fill the seat

vacated by the Honorable Michael J. Coyne.

Judicial nominations are subject to the advice and consent of the Governor's Council. Applicants for judicial openings are reviewed by the Judicial Nominating Commission (JNC) and recommended to the governor. Governor Baker established the JNC in February 2015 pursuant to Executive Order 558, a non-partisan, non-political Commission composed of volunteers from a cross-section of the Commonwealth's diverse population to screen judicial applications. Twenty-one members were later appointed to the JNC in April 2015.

Garland began his legal career in 1997 by opening the Law Office of John Garland in Quincy, a private

practice he has owned and operated for more than 24 years. In this role, he handles cases pertaining to a wide range of matters including family law, criminal defense, municipal zoning and permitting.

Prior to his legal career, Attorney Garland worked from 1993 until 1996 as an Owner's Representative for SAR Engineering Incorporated in Braintree, ensuring compliance with construction plans and specifications for various public housing improvements. From 1984 to 1993, he also worked as a Project Coordinator for O'Connell Management Corporation in Quincy, assisting in securing city and state approvals for residential and commercial developments in and around Boston, coordinating the

outfitting of leased office space, and serving as a liaison to mortgage brokerage, architectural and law firms.

In addition to his legal career, Attorney Garland is an active member of the community, serving since 2003 as a Board Member for Suffolk Lawyers for Justice and since 2008 as an Organizer for the Saint Mary of the Hills Shattuck Shelter Feeding Program. He was also previously President of the Bar Association of Norfolk County from 2005 until 2006, and a member of the Quincy Zoning Board of Appeals from 2002 until 2006, where he also served as Chairman for 2007. Attorney Garland earned his Juris Doctorate from New England Law - Boston, and his Bachelor's Degree from Boston College.

MA Receives Federal Approval For Thousands of Vulnerable Children To Receive Additional Food Benefits

Massachusetts has received approval from the federal government to connect thousands of vulnerable children with disabilities with additional nutritional supports.

Beginning this month, certain children with disabilities who qualify for Medicaid because they receive Supplemental Security Income (SSI) can be directly certified for free and reduced-price meals through the United States Department of Agriculture's National School Lunch Program (NSLP).

This policy change will connect approximately 2,600 children who are disabled and living with a relative caregiver to additional nutritional supports. These children will then also automatically meet one of the eligibility criteria to receive Pandemic EBT (P-EBT). P-EBT provides additional emergency food benefits during the COVID-19 pandemic to cover the cost of missed school meals for more than 500,000 students in remote or hybrid learning environments and supports local grocery and corner stores and farmers.

"This benefit is important during a time of increased food insecurity for families in the state due to the economic impact of COVID-19," said Secretary of Health and Human Services Marylou Sudders. "We will continue to maximize every opportunity to address nutritional needs of children and families, and use all federal food assistance programs and flexibilities during the public health emergency."

Under standard rules, Medicaid programs are allowed to provide "Direct Certification" for children to qualify for free or reduced-price meals without the need for a household application based on their income-based Medicaid eligibility. However, due to different

program rules, children who qualify for Medicaid because they receive Supplemental Security Income (SSI) and live with a relative caregiver, such as a grandparent, were not eligible to be directly certified for free or reduced-price meals. The Commonwealth has been pursuing federal approval to allow these thousands of vulnerable children to immediately be eligible for this important nutritional benefit for several years.

"These grandparents and all the kinship families are the true heroes here: raising their disabled grandkids, nieces and nephews at home, especially during the pandemic. Kinship families in Massachusetts and across the country need access to all available benefits to raise the next generation, including free school breakfast, lunch and Pandemic EBT benefits. No one in the Commonwealth should feel food insecure but unfortunately, we are dealing with record levels of hunger as the COVID-19 crisis continues on. We're glad we could assist the Baker Administration in advocating for this critical policy clarification under the National School Lunch Program and we are ready to assist in implementation," said Patricia Baker, Senior Policy Advocate, Mass Law Reform Institute.

Following the recent federal approval, the Commonwealth is immediately working to connect newly eligible children with these nutritional benefits, including P-EBT. Children made

eligible for free or reduced-price school meals under this new approval who also qualify for P-EBT because they are either learning in a fully remote or hybrid model will receive their first round of P-EBT benefits on Feb. 25.

MassHealth and the Department of Elementary and Secondary Education (DESE) are setting up system changes so that, when schools begin to operate school lunches again in the future, these children are directly certified through the eligibility systems.

During the federal public health emergency, all school aged children are able to receive free grab and go school meals through the summer meals program instead of NSLP. Families can find a school meal site near them at <https://meals4kids.org/>.

Many households eligible for these supports may also be eligible for the Supplemental Nutrition Assistance Program (SNAP) and are encouraged to apply.

This federal approval is one of several efforts Massachusetts has made to increase food security for children and families across the Commonwealth. Massachusetts' COVID-19 Command Center's Food Security Task Force has worked to strengthen our local food system and maximize federal food assistance programs to ensure that food insecurity needs are addressed during the COVID-19 public health emergency and in the long-term.

NQHS SADD Chapter Receives Kindness Certified School Recognition

The world can use some extra joy right now and the students in the North Quincy High School SADD chapter are doing their part to uplift their community with kindness, compassion, unity and respect.

To recognize NQHS SADD's ongoing commitment to kindness and their participation in the 10th annual Great Kindness Challenge, they have been designated as a "Kindness Certified School" by Kids for Peace.

Kids for Peace is a global nonprofit that hosts The Great Kindness Challenge, a positive and uplifting program that fosters connection, inclusion, appreciation and overall well-being. The annual program has multiplied in enrollment each year, having grown to over 17 million students in 33,000 schools, reaching across all 50 states and 115 countries.

NQHS SADD demonstrated their commitment to kindness by encouraging all students to complete 50 acts

of kindness from The Great Kindness Challenge checklist as well as gathering clothes and supplies for the school closet, collecting and donating to UNICEF, donating to The Sun Will Rise Foundation and performing random acts of kindness in and out of school.

Their school principal, Robert Shaw, couldn't be prouder of the NQHS SADD Chapter.

Jill McManigal, co-founder and executive director of Kids for Peace, is thrilled to recognize the school's commitment to kindness.

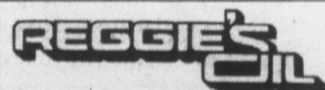
"Our hearts are bursting with joy knowing that so many students are actively creating a brighter, happier and more positive world for all," McManigal said. "Even during the pandemic, students are finding creative ways to spread love, honor classmates, show gratitude and offer a helping hand. We are thankful to North Quincy High School for providing this opportunity for their students to practice

kindness and we are grateful to their students for demonstrating that kindness matters!"

NQHS SADD invites the Quincy community to keep the kindness going by lifting each other up, helping each other out and cheering each other on. Kindness has the power to unite us all!

The Great Kindness Challenge is a positive and uplifting program that creates a culture of kindness in schools, communities and the world. Using a kindness checklist, schools and families are challenged to complete as many acts of kindness as possible. The School Edition is an annual one-week celebration during the last week of January. The Family Edition is year-round. Schools and families may get involved by signing up at no cost: <http://greatkindnesschallenge.org>.

The Great Kindness Challenge is made possible by the generosity of our sponsors: Toy Foundation, ViaSat, Nordson and McGraw-Hill Education.



Joseph P. Reggiannini
92-94 (Rear) Franklin St.
Quincy, MA 02169

Office Hours:
M-F 7:30 am - 5:00 pm
(617) 471-2095
(24 Hour Emergency Service)
www.reggiesoil.com

CO., INC.
Heating & Air Conditioning Service

We are a local, family-owned & operated oil company located right here in Quincy. We've been providing a quality product & superior service to our customers here in Quincy & throughout Southeastern MA for more than 50 years...and we always will!



Rogers, a full-service, fine jewelry store with a GIA® Graduate Gemologist on staff, continues serving Quincy for over 60 years. We buy your unwanted jewelry, appraise your treasures, perform repairs, custom design, and offer loans. Visit our new location and treat yourself to a truly professional experience!

- Estate
- Pawn
- Repair

1250 Hancock St.
Suite 111N
Quincy, MA 02169
617.773.3636
www.RogersJewelry.com

- Buy
- Design
- Appraise

On Thursday, Feb. 4, members of the Quincy Police Drug Control Unit were conducting surveillance in the West Quincy section of the city. Detectives were dressed in plain clothes and operating unmarked, non-traditional police vehicles.

At approximately 1 p.m., detectives observed a male enter a blue Ford Focus. Detectives observed as the vehicle drove around the block, returning to the immediate area in which the passenger had entered the car. The passenger then exited the vehicle. Based on their training and experience, detectives believed they had just witnessed a "meaningless ride" and that a street level drug transaction had just taken place inside of the Ford Focus.

Detectives approached the male passenger and identified themselves as Quincy Police. Detectives told him to hand over what he had just purchased from the Ford Focus. The male admitted that he tried to buy drugs from the operator of the Ford, however, the operator refused to sell to him because he owed him money. The passenger admitted to purchasing drugs from the operator on prior occasions. Detectives relayed this information to the other members of the DCU.

The Ford Focus had remained stationary, parked along the curb, after the passenger exited the car. Based on detectives' observations and information learned from the passenger, members of the DCU approached the vehicle with their badges conspicuously displayed. The operator was sitting in the driver's seat with his head down.

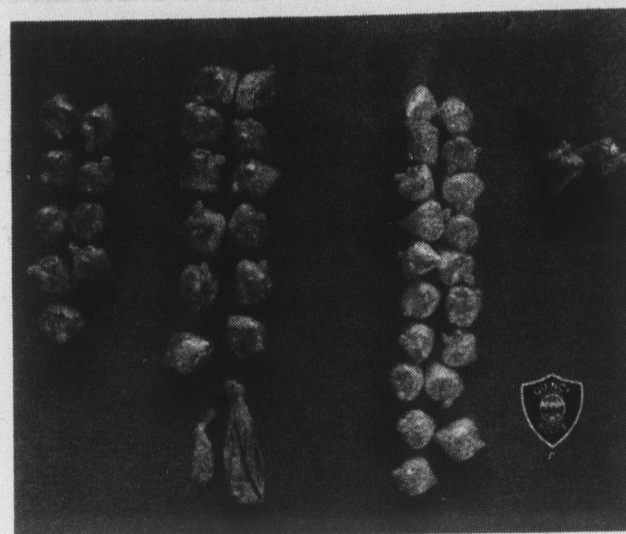
A Job Well Done

By **QUINCY POLICE SGT. KARYN BARKAS**
Public Information Officer
Quincy Police Department

Detectives knocked on the driver's window at which time the driver looked up. Detectives noticed an open folding knife between the driver's legs. The operator was removed from the vehicle and placed into handcuffs. A detectives pat-frisked the operator for additional weapons and felt what he immediately recognized as packaged drugs in the man's left jacket pocket. The detective then recovered two knotted plastic bags of tan powder he immediately recognized as heroin and/or fentanyl from his training and experience.

The detective looked inside of the Ford Focus and observed a paper cup in the center console cup holder that had numerous knotted plastic bags of both tan and white powder that he recognized as heroin/fentanyl and cocaine.

The operator of the vehicle, a 25-year-old from Roxbury, was arrested and transported to the Quincy Police Station. He was charged with trafficking fentanyl, possession w/ intent to distribute Class B (cocaine), and unlicensed operation of a motor vehicle. The passenger of the vehicle was arrested on an outstanding warrant.



Back at the Quincy Police Station, the drugs were weighed. The total weight of the drugs was approximately 40 grams with packaging, approximately 16 grams was cocaine and 25 grams was Fentanyl.

A detective field tested the tan drugs and the results showed the presumptive presence of fentanyl compound or methamphetamine. A field test of the white substance showed the presumptive presence of cocaine.

The drugs were then packaged and logged into evidence to be forwarded to the MA State Lab for testing and certification. Great job!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JAN. 29

LARCENY (package), 9:59 a.m., Quincy Center Dental, 1250 Hancock St. Report filed.

LARCENY (package), 5:14 p.m., Water Street. Taken sometime today.

SATURDAY, JAN. 30

VANDALISM/PROPERTY (to vehicle), 3:58 p.m., Barry Street. Profanities written on vehicle. Gas cap and rear of vehicle. Written on vehicle on some type of ink. Came off in car wash. Could have happened in Dedham as well. Advised, case number provided.

ASSAULT AND BATTERY (male/female), 11:38 p.m., Callahan's Tap, 296 Copeland St. Male party punched her face. Xray notified. Report for A&B.

SUNDAY, JAN. 31

LARCENY (past), 1:39 p.m., Citizens Bank, 1200 Hancock St. NIBRS filed.

MONDAY, FEB. 1

LARCENY (customer/store disorder), 10:15 a.m., Newport Avenue. Customer/management disagreement. Report filed.

LARCENY (snow blower/generator), 1:57 p.m., Copeland Street. Reporting party states person used fake credit card to purchase a snow blower and generator. Suspects fled in a U-Haul truck with Rhode Island plates. Possibly got on the highway at Furnace Brook. Reporting party states an employee was following the

truck, but he was not in contact with employer while reporting this.

BREAKING AND ENTERING/PAST (business), 4:14 p.m., Hancock Street. Occurred sometime over weekend. No signs of forced entry. Laptops, \$1,700 cash, blk rolling messenger bag and a Kors bag missing.

WEDNESDAY, FEB. 3

LARCENY (items missing), 11:14 a.m., Greystone Street. States multiple items are missing, unsure when they went missing. Attempted to call, straight to VM, left message.

LARCENY (package), 12:43 p.m., Doble Street. Reporting party would like the officer to call her. No suspect info. Case number given. Samsung 10s cell-phone amount of \$1,600.

LARCENY (batteries), 3:07 p.m., Walmart, 301 Falls Blvd. Car pulled up to battery cage and stole some batteries. No suspect info, case number provided.

BREAKING AND ENTERING/PAST (dwelling), 4:18 p.m., McGrath Highway. Reporting party states her room was broken into and smoke detector taken interior door. Also states someone went through her things. Unsure what was taken besides smoke detector and reporting party believes she knows who did it.

THURSDAY, FEB. 4

ASSAULT AND BATTERY (male), 12:16 a.m.,

Washington Street. To hospital. While male, maroon shirt, beard, bleeding from his face. Brewster notified. Victim to SSH. One under arrest A&B bodily injury.

LARCENY/MOTOR VEHICLE, 12:34 p.m., Hancock Street. Left running out front keys in it. 2005 Buick Lacrosse, color gray. Stolen MV form completed.

LARCENY (package), 5:38 p.m., Adams Street. Package was delivered at 1610 shortly after reporting party has Ring footage of male walking up with other packages and swapping an empty box with hers.

VANDALISM/PROPERTY (past/apartment), 6:11 p.m., Brook Road. In QPD lobby. Holes in the walls, blackened walls, broken tiles, closet damage, etc. Reporting party is filing a claim with her insurance company and they are requesting a police report.

Calls For Service: 903

Larceny of a Motor Vehicle: Hancock Street
Breaking and Entering Motor Vehicle: Webster Street, Tirrell Street, Billings Street, Littlefield Street, Prospect Avenue

Breaking & Entering in the Past: McGrath Hwy

AARP Fraud Monthly Watch: February

Cont'd From Page 5

Got Your COVID-19 Vaccine? Don't Share Photo Of Card On Social Media

Got your COVID-19 vaccine? Great job! But don't share a photo of your vaccination card on social media. The self-identifying information on it makes you vulnerable to identity theft and can help scammers create phony versions.

What to watch out for:

You got your COVID-19 inoculation, and you are excited to share the good news and encourage others to do the same. You take a selfie holding your vaccination card and post it to Facebook, Instagram, or another social media platform.

Unfortunately, your card has your full name and birthday on it, as well as information about where you got your vaccine. If your social media privacy settings aren't set high, you may be giving valuable information away for anyone to use.

Sharing your personal information isn't the only issue. Scammers in Great Britain were caught selling fake vaccination cards on eBay and TikTok. It's only a matter of time before similar cons come to the United States and Canada. Posting photos of your card can help provide scammers with

information they can use to create and sell phony ones.

Share safely on social media:

• **Share your vaccine sticker or use a profile frame instead.** If you want to post about your vaccine, there are safer ways to do it. You can share a photo of your vaccine sticker or set a frame around your profile picture.

• **Review your security settings.** Check your security settings on all social media platforms to see what you are sharing and with whom. If you only want friends and family to see your posts, be sure that's how your privacy settings are configured.

• **Be wary of answering popular social media prompts.** Sharing your vaccine photo is just the latest social trend. Think twice before participating in other viral personal posts, such as listing all the cars you've owned (including makes/model years), favorite songs, and top 10 TV shows. Some of these "favorite things" are commonly used passwords or security questions.

expected twist for people who suddenly discover they have a Form 1099-G listing the unemployment benefits they received — only they never applied for or received the benefit.

The number of fraudulent unemployment claims have spiked as states have rushed to send out legitimate unemployment benefits since the pandemic took hold. One estimate puts losses at \$36 billion.

If you find that someone claimed unemployment benefits in your name, inform your employer and contact your state unemployment agency immediately. Then, visit www.identitytheft.gov and follow the guidance specific to your situation. And make a plan to monitor your credit report moving forward — for free — via www.annualcreditreport.com

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

F
E
B

1
1

2
0
2
1

Lynch Reappointed Chairman National Security Subcommittee

Retains Assignments To Transportation, Financial Services Committees In The 117th Congress

U.S. Representative Stephen F. Lynch (MA-08) has been reappointed chairperson of the National Security Subcommittee of the House Committee on Oversight and Reform in the 117th Congress. The Oversight Committee is the investigative body in the House of Representatives with unlimited jurisdiction under the House Rules.

"I am excited to begin working with the Biden/Harris administration and very pleased to be renamed as Subcommittee Chairman," said Lynch. "This will allow us to continue our efforts to ensure the health and safety of all our veterans, including our K2 veterans, as well as our active-duty service members at Fort Hood and on deployments to Iraq, Afghanistan, Syria and Somalia."

After the SolarWinds hack against numerous government agencies, the National Security Subcommittee has also focused on



Rep. STEPHEN LYNCH

protecting the nation's information technology and critical infrastructure from malicious cyber-actors. Lynch's subcommittee is also expected to closely reassess the previous administration's effort to negotiate a peace agreement with the Taliban, which has been criticized for excluding Afghan women and marked by escalating suicide bombings and attacks against Afghan police and civilians.

In addition, Rep. Lynch has been thrust into the recent GameStop trading controversy as part of his assignment to the Financial Services Committee, which includes his Chairmanship of the House Financial Technology Taskforce.

"We definitely have a full schedule" said Lynch. "The pandemic has slowed our investigations both at home and abroad at the same time that major issues continue to emerge. These would be challenging times under normal circumstances - but when you add in a violent attack on the Capitol and the COVID pandemic restrictions, it makes our work much more difficult. But on the bright side, I am confident that the Biden/Harris administration will take the pandemic seriously - that will make a difference, it will help a great deal."

In rejoining the House Committee on Transportation and Infrastructure for the 117th Congress, Rep.

Lynch will also have the opportunity to play a key role in shaping the major transportation infrastructure bill that President Biden has identified as one of his top priorities.

"I am very hopeful that we can assist President Biden to get this big transportation bill done. It shouldn't be a partisan issue, this is basic infrastructure. We have included massive broad band expansion in rural "red state" areas, while we have also invested in green technologies and climate change resiliency that will be important to major coastal cities like Boston and New York. There is something for everyone to support," said Lynch.

Notably, Rep. Lynch will continue serving on both the Subcommittee on Aviation and the Subcommittee on Railroads, Pipelines and Hazardous Materials, which have had an outsized impact on the 8th Congressional District.

READERS FORUM

Does City Need Separate Social Justice Department?

(A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Councillors and Mayor Koch,

I am starting to question if we really need a separate department for social justice in our city. I believe our city has welcomed people from all over the world and continues to do so. Look at all the businesses that are owned by people from somewhere else and are pleased to be here. I frequent these businesses myself and receive good food and services.

Furthermore, I often take a walk in the beautiful new Kincaide Park, and meet people there from various parts of the world living now in Quincy. We strike up a conversation and I asked politely, if they like to live here in Quincy, and the immediate response is they like it here very much so, for the freedom and the opportunity they have in schools and the community they have experienced.

So, my question is, are we the city that needs a social justice department, or are we now becoming more in tune with movements of one kind or another? Yes, we need public awareness and education. There are always people who are rude, we cannot avoid that, but to forgive them for their own ignorance.

I have found that our Constituent Services Department does a fine job, and if you add social justice to their name/duties and perhaps train if needed, to address issues of social justice matters as well. However, to police these issues is not another matter.

We, as citizens of Quincy, are best to look at ourselves, how we address people from other countries, and be polite and welcoming. We could resolve many issues, such as social justice. Like the Boston Police Commissioner said: "If you need change, the change begins with me."

People want to come to live in Quincy, and if we are that bad in regards to social justice, they won't want to live here.

If you establish a special social justice department as a separate one, we sort of admit that we do have social justice problems.

Grant you, that there are not a proportionate number of minority professionals in our schools, as far as I have observed. I hope that the city will address this issue as well, and hire minorities who are qualified and certified to teach.

Thank you for taking these thoughts under your consideration, and I look forward to hearing your thoughts as my councillors and my mayor as you carefully weigh these issues.

Finally, thank you Councillor Mahoney for hosting the hearing on this topic. It was an eye opener and an opportunity to examine our own behavior. I was embarrassed to hear how badly some of our citizens, of this City of Presidents, have addressed people with a foreign background and accent, instead of welcoming and being courteous.

Thank you also Mimi Balsamo, for bringing these issues to daylight with her dedicated group.

Anneli Johnson
Quincy

Massachusetts Health Connector Extends Open Enrollment Through May 23 For Anyone To Get Health Insurance

The Massachusetts Health Connector announces a further extension of its Open Enrollment through May 23, providing residents impacted by COVID-19 the opportunity to get access to affordable, comprehensive health insurance.

The Health Connector previously announced an extension of Open Enrollment

through March 23, two additional months beyond the original Jan. 23 deadline. Open Enrollment started Nov. 1, and the new deadline of May 23 aligns the Massachusetts health insurance exchange with the new open enrollment period for the federal exchange platform, healthcare.gov, which reopens Feb. 15 and

remains open through May 15, and will be accompanied by a national marketing and awareness campaign.

Many people need help applying for coverage or picking plan, and the Health Connector has 18 Navigator organizations available around the state, many with newly added capacity - including evening and weekend hours - to help those with questions. People who need help can find a local Navigator at www.MA-healthconnector.org/navigation. Tens of thousands of Health Connector members applicants are staying covered or getting covered during Open Enrollment, and people are encouraged to reach out to a Navigator as soon as possible to get the support needed to get covered.

age.

The Massachusetts Health Connector is the Commonwealth's health insurance exchange, and currently serves more than 300,000 individuals and small-employer members with health and dental insurance. Massachusetts residents who do not have health insurance from an employer or other entity can use the exchange to gain coverage.

Through the Connector-Care program, income-qualifying residents can access coverage that includes low-cost premiums and co-pays, and no deductibles. Access to health coverage for individuals and small businesses can be found at the Health Connector's website, MAhealthconnector.org.

Bethany Congregational

On Sunday Feb. 14, Bethany Congregational Church will have regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist. There will be Church School classes this week.

For all events at Bethany Church, masks and social distancing are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you prefer to stay at home, the online service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at 18 Spear St., Quincy.

The church website is

bethanyconchurch.org. Telephone number is 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

LOCKSMITH SERVICES

GRANITE LOCK CO. INC.

617-472-2177
617-479-3341 (Fax)
MA Sys. Con. Lic. 7025-C

755 Southern Artery, Rte. 3A Quincy, MA 02169

"Rock Solid Security"

SALES, SERVICE, INSTALLATION

COMMERCIAL

- Access Control
- Wireless Locks
- Electric Strikes
- Exit Hardware
- Door Openers/Closers
- Commercial Mailboxes
- High Security Key Systems
- Master Key Systems
- Handicap Access Hardware

AUTOMOTIVE

- Fit Keys to Autos/Rekeying
- Lockouts/Repairs
- Cloned/Transponder Keys

SAFES

- Sales/Repairs/Installations
- Combinations Changed
- Fire & Burglary Resistant Safes

RESIDENTIAL

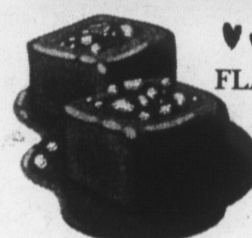
- Deadbolts Installed
- Baldwin/Emtek Hardware
- Rekeying/Lockouts

WE'RE OFFERING

**in-store pick up and
call ahead ordering**

TO BEST SERVE YOU RIGHT NOW.

Order online at www.coffeebreakcafe.net



February's
FLAVOR OF THE MONTH
**caramel
SMOOCHES**

SEASONAL FLAVORS
Snickerdoodle & Snowflake Sundae

12 Old Colony Avenue
Quincy: 617-773-9420

24 Central Avenue
Milton: 617-696-2326

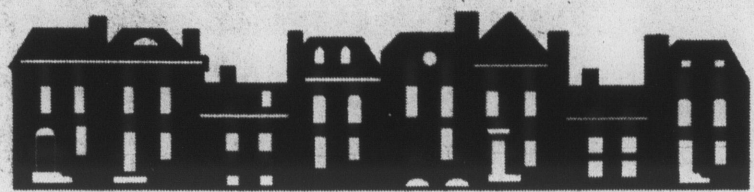
680 Truman Parkway
Hyde Park: 617-910-9175

Now Open!
102 Franklin Street
Quincy: 617-481-5257

Coming soon:
479 Washington Street
Quincy



coffeebreakcafe.net



Real Estate

Quincy Real Estate Transactions February 1 - February 5

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Salvatore J. & Francis A. Puccia
Estate of Michelle A. Bickford
Brian J. Sealund & Ratchadakorn Rattanaaram
Stephen P. Coletti
Dana M. & Janet A. Kirby
J. Patricia Conway Trust
Gary McDonald & Kieran McKinney
Catherine E. & Joseph M. Conti
Sea Street Quincy LLC
Gene & Donna L. Solchenberger
Tammy Tang, Tammy Li & Wing C. Li
Catherine R. Mullin Trust
49-51 Glover Avenue LLC
David P. Murphy & Sara B. Gibeault
Alo & Biswa T. Datta

BUYER

Maura Doherty
Flor de Angeles Baltodano Escudero
Manish Patel
510 Willard St. LLC
Michael J. Dodek & Morganne J. Gagne
Bizhen Liu
Joshua Hundert & Greg Strazzulla
Brian J. Sealund & Ratchadakorn Rattanaaram
Ocean Neck Real Estate LLC
Benjamin J. Brown & Coleen A. Sheridan
Sandra Jefferson
Aaron Liberatore
Winnie S. Lee Revocable Trust
Michael C. & Melissa Burns
Robert J. Cassis

AMOUNT

\$370,000.00
\$300,000.00
\$567,500.00
\$680,000.00
\$685,000.00
\$430,000.00
\$1,335,000.00
\$565,000.00
\$375,000.00
\$539,550.00
\$290,000.00
\$587,100.00
\$1,200,000.00
\$550,000.00
\$525,000.00

ADDRESS

99 Rockland Street
34 South Street, Unit 101
113 Elm Street, Unit E
514-516 Willard Street
85 Albatross Road
54 Marshall Street
910 East Squantum Street
34 Heath Street
1260-1266 Sea Street
100 Rhoda Street
796 Willard Street, Unit D11
52 Wayland Street
49 Glover Avenue
111 Essex Street
100 Marina Drive, Unit 414

O'Donnell Reminds Homeowners Of Need To File Mortgage Discharges

The Norfolk Registry of Deeds even during this Covid-19 pandemic has been very busy recording land documents.

In calendar year 2020 there were over 179,000 documents recorded at the Norfolk Registry of Deeds. A sizeable portion of this document volume were the 45,669 mortgages recorded representing a 54 percent increase in calendar year 2020 over 2019.

Given this huge increase in mortgage activity Register of Deeds William P. O'Donnell advises Norfolk County homeowners about the need to file a mortgage discharge after their mortgage has been paid off.

"As consumers we all need to borrow money. There are many reasons why consumers borrow money-

to purchase a house, to make home improvements or to help pay for ever increasing tuition payments of our children," O'Donnell said. "The borrowing of money involving real estate leads to a mortgage being recorded against the title of that real estate.

"When a mortgage has been paid off, a mortgage discharge document needs to be recorded with the Registry of Deeds to clear a homeowner's property title relative to that loan," O'Donnell continued. "This is particularly important in light of the thousands of homeowners who have been taking advantage of historically low interest rates to refinance their mortgages. It should be noted a discharge is a document (typically one-two pages) issued

by the lender, usually with a title such as 'Discharge of Mortgage' or 'Satisfaction of Mortgage.' During this busy period of refinancing your old mortgages are being paid off. As a consumer you want to make sure a discharge has been recorded at the Registry of Deeds which tells the world that mortgage has been paid off."

O'Donnell said in some instances mortgage discharges are filed directly by banks or settlement closing attorneys with the Registry as part of a property sale or as a result of a refinancing transaction.

"In other cases," O'Donnell said, "the mortgage discharge is sent to the property owner who then becomes responsible for making sure the document is recorded. Whether or not the mortgage discharge is recorded by the lending institution or the individual

property owner, it is imperative that the property owner makes sure all necessary documents have been recorded at the Registry of Deeds.

"If you are looking to check your title and make sure all your mortgages have been properly discharged, Norfolk County homeowners can access the Registry's online records at www.norfolkdeeds.org. By going to the Online Research section of our website, you can verify that all mortgages associated with the property have been discharged. Please remember not having a mortgage discharged will result in a title issue and thereby impact the process of selling one's home," O'Donnell added.

O'Donnell further noted that there have been cases where no discharge has been recorded against a long paid off mortgage. "Unfortunately,

ly, some of the lending institutions that provided funds for these mortgages are no longer in existence. In other cases, financial entities have merged with another lending institution," O'Donnell said.

If a property owner needs to retrieve an original discharge of a mortgage and is unclear which lending institution is now responsible for providing the document, an option is to contact the Massachusetts Division of Banks at 1-800-495-2265 x-1 and then x-61501. Another option is to access the Federal Deposit Insurance Corporation website www.fdic.gov. Then find the BankFind tab approximately half way down the home page, put in the lending institution in question, then click on the lending institution link and you will be able to determine who has responsibility for the mortgage.

When recording a mortgage discharge, the original document is required. The Registry of Deeds by law cannot accept photo copies or faxed copies of documents. The filing fee, set by state statute, is \$106.

In conclusion, O'Donnell said:

"After paying off all the mortgages on their property, homeowners want to know they have clear title to their property, especially if they are contemplating selling. Knowing what steps need to

be taken to ensure all paid off mortgages have been properly discharged will go a long way in giving the homeowner assurances that they have clear title to their property. I can not emphasize enough how important it is that homeowners make sure their mortgage discharge has been filed with the Registry of Deeds once their mortgage has been paid off."

The Norfolk County Registry of Deeds is staffed with a team of customer service representatives who can be reached Monday through Friday, 8:30 a.m. - 4:30 p.m. at 781-461-6101. These representatives have been trained in researching documents and are well versed on the subject of mortgage discharges and what, if necessary, needs to be done to clear title to a property.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

"Have you inherited a home and not sure what to do?"

Visit www.massprobate.net and we can help.

Dan Mahoney
Real Estate Broker
617.529.8822



**NEW LOOK...
SAME US**



**RED DOOR
REAL ESTATE**



**A Trusted
Name In
Real Estate**

(617) 894-1124

RE/MAX
Realty Pros

Buying, Selling or Investing?
Call Tom McFarland
For All Your
Real Estate Answers

QUINCY - (617) 851-0900

On the Web visit McFarlandproperties.com



FLAVIN Insurance
Agency

Complete Insurance Service Since 1925

Auto • Home • Condos • Apartments
Travel Trailers • Umbrellas • Flood • Business
Boats • Commercial Auto



Representing

Safety Insurance
AUTO • HOME • BUSINESS

Call or drop in for **Premium Quote**

Flavin & Flavin
1085 Hancock St. Quincy Center
Visit: www.flavinsandflavin.com

617-479-1000

QUINCY

WWW.

stamosandstamosrealtors

Stamos & Stamos Realtors
717 East Squantum St.
Squantum, MA 02171
617.328.9400

.com



F
E
B

1
1

2
0
2
1

Joint Convention To Fill Vacant School Seat Feb. 16

Cont'd From Page 1

of former councillor Brad Croall who resigned from the council Jan. 19.

Andronico's school seat term expires at the end of this year. The appointed successor can run for a full four-year term this fall.

One person who is interested in filling the school vacancy is Courtney Perdios.

Perdios was the runner-up in a four-candidate field seeking three school seats in the 2019 municipal election.

"I am very interested in the School Committee seat that has become available as a result of Anthony's appointment to the Ward 2 City Council seat," Perdios

told the Sun in a statement last week.

"Advocating for the students and families of the Quincy Public Schools (QPS) community is one of my strongest passions, and what I've spent the last 8 years doing, serving as Citywide PTO President and Clifford Marshall

PTO Co-President, and as a member of the QPS Re-Entry Task Force. It's what led me to run for School Committee just over a year ago in the 2019 election, in which I was proud to have earned the support and vote of 5,990 residents across the city.

"I'm excited for the opportunity, and I look forward to the joint convention process."

Perdios was one of four candidates to run for three available committee seats in 2019. She finished 448 votes behind Frank Santoro, the candidate who amassed the third most votes.

Mark Sauter, who finished fourth in the 2017

contest in which Andronico was elected to the school board, said he would not seek the appointment.

"I will not be seeking an appointment for the remainder of Anthony's term," he wrote in an email. "Serving on the School Committee remains a goal of mine, but my focus and attention right now is on my family, work, and position as President of the Merrymount Association."

Sauter said it was unlikely he would run in this fall's election.

The last joint convention to fill a school board seat was held in January

2016 after Noel DiBona left the committee following his election to the council in November 2015. Emily Lebo — who mounted a write-in campaign for a school board seat in 2015 and finished in fourth place — was unanimously chosen to fill the remaining two years of DiBona's term that night. Lebo had served a full four-year term on the committee before being unseated by DiBona in 2013.

The Jan. 27 School Committee meeting was Andronico's last and he was sworn into the Ward 2 City Council seat during a brief ceremony at City Hall the following morning Jan. 28.

Happy Valentines Day!

Cont'd From Page 1

1775 in Fairfield, CT. And the rest is history ...

Plan to join us at the Homestead and view one of Dorothy's "slippers" that are a part of our Homestead's museum collection

as well as a love letter John Hancock sent to his intended before they married.

The Quincy Homestead is owned by the Commonwealth of Massachusetts and operated by the Department of Conservation and

Recreation in co-operation with the NSCDA-MA (The National Society of The Colonial Dames of America in The Commonwealth of MA). Please check our website nscdama.org for updated schedule information this spring.

Ask Barbara Graceffa: 'Secretary Of The Interior' Grandmillennial Style, aka Granny Chic

My twenty-something granddaughter and her partner are looking to buy their first house and she tells me their décor will be grandmillennial. I watch a lot of home style shows but can't say I ever heard of this. Please enlighten me. Evelyn

Well, Grandma Evelyn, I can best describe it as granny chic. The term was first coined by House Beautiful in fall 2019 to describe a new trend that combines grandmother's traditional décor with fresh updates for the 20- and 30-something age group known as the millennials.

From medium- and large-scale floral wallpaper to the revival of brown furniture, especially walnut and cherry, millennials want to replace the minimalist look of mid-century modern or the unadorned modern farmhouse styles that have dominated in recent years for something cozier. Gone are the white and grey solid fabrics; they are replaced with either soft pastel patterns like toile on a bed or slipcovered sofa or brightly-colored geometrics or florals on easy chairs or skirted tables. Once again, pleats, fringe, and ruffles are seeing a resurgence with grandmillennial décor adding to the nostalgia your granddaughter grew up seeing in your home, and probably her parents' as well.

Cane and bamboo style dining room chairs are trending, maybe painted a fresh orange or green, and the table is set with grandma's china. (Evelyn, I'm seeing a no cost housewarming gift from you!!) Coffee table books make a comeback as do monogrammed linens and needlepoint pillows showcasing a cute saying.

When it comes to art and accessories, modern touches are added with abstract paintings and gold and brass sculptural pieces to freshen what could easily turn too stuffy, too quickly.

What you will not see are afghans resurrected from the mothballs, petite furniture when previous generations were smaller in stature, or kitschy accessories that someone thought would be priceless heirlooms someday.

Especially as we continue to isolate for the next six or more months due to the virus, anyone wanting an updated, warm, comfy style will enjoy this look. But if you aren't in the right

age group, don't embarrass yourself calling it grandmillennial. Stick with granny chic.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

Library Grab Bags To Go

Do you miss browsing at the library?

Now you can request a Library Grab Bag and bring the browsing experience home with you. Let us surprise you with an assortment of materials on a topic of your choice. A Grab Bag can consist of print books or magazines, audiobooks on CD, movies or TV shows on DVD, or music on CD. Grab Bags are available for all ages.

To request a Grab Bag,

visit the Thomas Crane Public Library website and fill out a simple online form, or call the library to request materials. You can pick up Grab Bags at the Main Library, the Adams Shore Branch or the Wollaston Branch.

When your Grab Bag is ready, you will receive a notification to pick it up at the location you selected.

To find out more or request Library Grab Bags, visit thomascranepubliclibrary.org or call 617-376-1300 x2.

PUBLIC NOTICE

Public Notice

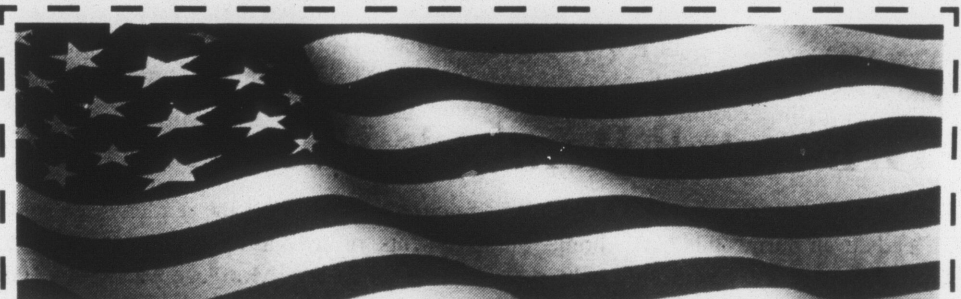
In accordance with the provisions of Section 36 of the City of Quincy Charter and upon a vacancy occurring in the Quincy School Committee by virtue of the appointment of former school committee member Anthony Andronico to the position of Ward Two City Councillor, Mayor Thomas P. Koch has called for the members of the Quincy City Council and the remaining members of the School Committee to meet in joint convention and elect a suitable person to fill the vacancy. There will be no other business addressed by the respective bodies.

THE MEETING IS CALLED FOR FEBRUARY 16, 2021 AT 6:30 PM IN THE CAFETERIA OF QUINCY HIGH SCHOOL, 100 CODDINGTON STREET, QUINCY MA

Thomas P. Koch, Mayor
Presiding Officer

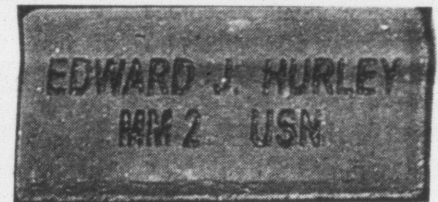
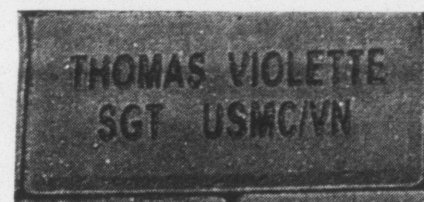
February 5, 2021

2/11/21



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morriste American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for **PHASE 2** are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
87 Woodcliff Road.
Quincy, MA 02169

For more information or to order, call 617-733-8026

City Preparing To Expand COVID Vaccination Efforts

Cont'd From Page 1

Thomas Koch's chief of staff, told the City Council on Monday that more than 500 doses of the COVID-19 vaccine were administered last week at the Old Colony Avenue location, including 300 first doses to residents over the age of 75. The remaining shots were second doses for first responders; both COVID-19 vaccines cleared for use to date require two shots given about a month apart.

An additional 300 first doses were administered Monday, Walker said, and he anticipated a similar number of doses would be given Wednesday. Going forward, the number of doses administered will hinge chiefly on the availability of the vaccine, he stated.

"We have the resources to staff up. Right now, the issue – and it is getting bet-

ter every day – is supply," Walker said. "Demand continues to far outstrip supply right now...but that is going to continue to get better."

While the city is using the Old Colony Avenue building at the moment, Walker said additional locations are being eyed for the upcoming steps in the state's vaccination plan.

"We know that 180 Old Colony Avenue is not going to be the end all and be all. Right now, we are exploring other, larger facilities throughout the city for when we get to phase two, three and four and phase three, which is the general public," he said.

"We know at some point later in the spring/summer, we're going to have to have multiple facilities. That planning is going on right now."

All residents over the age

of 65 and those with two or more comorbidities that put them at increased risk of severe illness will become eligible for the vaccine in the second step of phase two. Teachers and other K-12 school staff, public works employees, public health workers, and those in the food, agriculture, sanitation, transit and utility fields will all follow in the third step of phase two. Individuals with one comorbidity would be eligible in the fourth and final step of phase two.

Phase three – in which all members of the public would have access to the vaccine – is tentatively expected to begin in April.

In addition to the vaccination clinic, the city is participating in a pilot program with the Professional Firefighters of Massachusetts, Quincy firefighters, Brewster Ambulance and Mascon

Medical to offer vaccines directly to residents at some of the city's senior housing complexes.

That initiative began Feb. 5, Walker said, when 600 residents at 125 Granite St. and related properties were vaccinated.

"We expect that that program is going to grow with in the next week," he stated. "We expect that program to continue to grow and hopefully take care of some more of our senior buildings."

Residents looking to get vaccinated should not, "put all of their eggs in one basket," Walker added, suggesting residents with a primary care physician should reach out to them as well.

"The private providers are starting to get a good amount of doses, so we are seeing some of those agencies come through with major clinics," he said.

Beth Israel Lahey Health has a vaccine clinic open in North Quincy for its pa-

tients, Walker said, and other large providers are in the process of finding space to run their own clinics.

Eligible Quincy residents can book an appointment for the clinic at 180 Old Colony Ave through an on-line portal at quincyma.gov or by calling a new vaccine registration and assistance call center at 617-376-1470. Residents needing Chinese language assistance can call 617-376-1298.

Walker said first doses would be administered at the Old Colony Avenue location on Mondays and Wednesdays. Second doses will be given on Thursdays and Fridays.

On Tuesdays, the building is open for COVID-19 testing, which is also being done in partnership with Manet, from noon to 4 p.m. Pre-registration is recommended but not required. To register, call 774-406-5400.

The state also has several mass vaccination sites open

for all eligible residents, including Fenway Park in Boston and Gillette Stadium in Foxborough. Eligible residents can book appointments for those sites – and other clinics in the state – online at mass.gov/COVID-vaccine and residents over the age of 75 can call 2-1-1.

Walker said the employees at the city's vaccine hotline can assist residents looking to book an appointment at one of those locations as well.

"Our folks can walk folks through the state process as well," he said. "If you want to get an appointment at Gillette or Fenway Park...we can help with that."

The city reported 13 new COVID-19 cases on Monday, bringing the total cases since the pandemic began to 6,796. Of those cases, 282 were active.

One hundred forty-five Quincy residents have died from COVID-19.

Phi Du City Treasurer, Collector

Cont'd From Page 1

experience, eye for detail, and wide-ranging skill set is coming on board."

The Treasurer and Collector's Office is one of the local government departments that residents deal with most regularly, as it is responsible for managing almost all financial transactions with the city. It is also the chief manager of the city's revenue flow; working directly with banks that maintain city accounts; and

playing a major role in overseeing borrowing and other financial activities.

Prior to starting her own business in Quincy more than 16 years ago, Du worked for many years at Brown Brothers, where she was a supervisor in global custody client services and also served as a business analyst. She also worked for State Street Bank.

Du will be the second consecutive appointment of the mayor to the posi-

tion with extensive private-sector experience. Prior to joining the administration, Coughlin worked for more than 30 years at Gillette, including as the manager of North American Reporting and Accounting.

"Having that private-sector experience I think is a great fit for this position," Koch said. "It worked out tremendously well for us with Deb, and I know Phi will bring great new insight and great ideas to the position in much the same way."

Mid-March Passage Eyed For \$1.9 Trillion Federal Aid Package

By SCOTT JACKSON

U.S. Rep. Richard Neal on Monday said he expects Congress will approve a \$1.9 trillion stimulus plan by mid-March to provide additional relief to Americans amid the coronavirus pandemic.

Neal, a Democrat who represents Massachusetts' first congressional district, joined Gov. Charlie Baker, a Republican, at a State House press conference to push for the new stimulus package. Neal is the chairman of the House Ways and

Means Committee, which he said would begin allocating \$941 billion of the \$1.9 trillion plan this week.

Congress had approved the CARES Act, a \$2.2 trillion stimulus package, in March of last year when pandemic first struck the United States. The House in May approved the \$3 trillion HEROES Act, but that died in the Senate. A \$900 billion aid package was ultimately approved by Congress in December.

During his remarks on Monday, Neal said the nine-

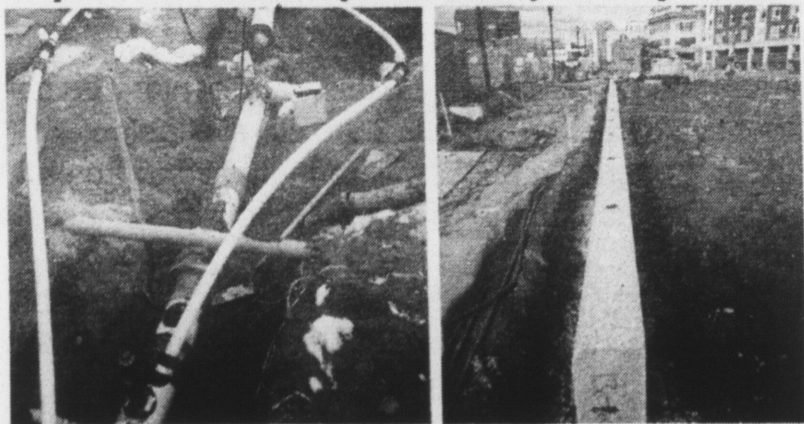
month span between the approval of the two stimulus plans hampered the nation's economy.

"The lag time between May and December...I think contributed to the economic slowdown, which we are now noticing. We are seeing the evidence of it right now," Neal said. "Our plan is to do these initiatives for at least one year, try to buy some time to find out where the pandemic leaves us."

"The pandemic is now a year old and a lot of people

Cont'd On Page 30

Downtown Construction Activities Proposed work activities for the week of February 7th, 2021



- Construction of new concrete sidewalks will continue this week along a portion of Hancock St. The crew will be applying waterproofing to an existing foundation restoration and finish the remaining section of concrete sidewalk. The contractor will be resetting granite curb in this area too. The temporary pedestrian detour remains in place between the area at Albas restaurant and the West of the Chestnut building. Business remains open during construction.
- The contractor at the Generals Bridge project will continue construction of the south barrier wall along the back of future sidewalk.
- The contractor at the General Dunford Drive project will begin excavation of a new retaining wall along Nova Suites within the pocket park. In addition, National Grid will continue installing a new gas main through the roadway section from Hancock St towards Revere Rd. Pedestrians should continue crossing the street at the crosswalk before this area. Temporary barriers remain in place on Hancock St for traffic re-alignment while the project is being constructed.
- At the McConville Way project the contractor will continue construction of the north and south streetscape aside the new roadway. The work this week includes, the continued installation of new planter curbs, park curbing, brick pavers, mud slab, and new irrigation system. In addition, the contractor will continue installing brick pavers along Cliveden St. The contractor will begin improvements to the dumpster enclosure between South Shore Health and BAMSI buildings. The alleyway in this area remains closed. At the future pocket parks the contractor will continue construction of the water feature foundation walls, park light foundations, park underground electrical and begin excavation for the park sculpture stair foundations.
- Abatement of the 100 Parking Way building will continue this week. The contractor will be removing material from the building and loading it into a series of dumpsters along McConville Way. There remains no parking along this section of McConville Way at the building face.

(The photo on the above left shows the realigned gas service at the pocket park adjacent to General Dunford Drive. The photo on the above right shows the new park curbing at pocket park along McConville Way.)
<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction questions at 781-264-4646 or email at pmccarthy@woodardcurran.com

READERS FORUM

City Needs Dedicated Department Of Social Justice And Equity

In 1990, my husband and I chose to buy a house in Quincy so that we might start to raise a family here. Our two children attended Quincy Public Schools and were served well. As a homeowner and frequent volunteer in Quincy, I have had many positive encounters with several departments in Quincy's city government.

The main cautionary lesson that I learned is that the city's many departments are often deeply siloed so that they do not communicate well with each other. New volunteer coordinators to Cleaner, Greener Quincy in years past discovered that this was true of the Parks Department and the DPW for example. That the city's many departments function

this way may be a consequence of defending their budgets, or their perceived culture or sheer ornery territorialism.

Quincy needs a dedicated Department for Social Justice and Equity precisely because its director will have to work across ALL of the city's departments. He or she will have the appropriate training to identify those departments that are doing work towards equity and those departments that need help. Their training and expertise will help the city to recognize systemic injustices and inequities in our own midst and create strategies to eliminate them.

It will be "penny-wise, pound foolish" to insist that there is no money for such a department. The near term

cost of hiring a Social Justice and Equity Expert will save the city plenty of legal fees in the long term from civil and criminal law suits (violations of the ADA, Fair Housing and employment discrimination or police misconduct or excessive force). According to abc-News.com (June 14, 2020) "False arrests, civil rights violations and excessive force are just some of the claims made by civilians that cost US taxpayers \$300 million in FY 2019."

This city can and must do better. If you agree, let the mayor and your councillors know that you do.

Thank you.

Claire Fitzmaurice
StandOut Quincy 4
Black Lives
Calvin Road

FEB

11

2021

Divided Council Calls For Return To In-Person Learning

5-4 Vote Approves Resolution • Cain, DiBona, Harris, Liang, McCarthy Vote Yes

By SCOTT JACKSON

City councillors on Monday narrowly approved a resolution supporting a return to in-person learning for Quincy Public Schools students and calling on school officials to create a pathway to do so.

Ward 3 Councillor Ian Cain introduced the resolution at Monday night's meeting. It resolves that the "Quincy City Council expresses its support for Quincy Public School students to return to in-person classroom education."

It further states that, "the Quincy City Council hereby calls on the Administration, Quincy Public Schools department and the Quincy School Committee to provide a pathway forward to welcome the city's students back to in-person learning."

Councillors approved the resolution in a 5-4 vote. Noel DiBona, William Harris, Nina Liang and David McCarthy joined Cain in supporting it. Anthony Andronico, Anne Mahoney, Brian Palmucci and Charles Phelan Jr. voted against the measure.

When he introduced the

resolution, Cain called it a "statement of support for our students, our families and for our teachers." He commended Quincy Public Schools for the work done so far this school year and the recent announcement that eligible students in grades one through three could move to fully in-person learning on Feb. 22, but later added that online learning is no substitute for being in the classroom.

"The schools are not only a place where our young people are educated with books and by teachers, but they also learn about each other and engage in information sharing that is vital for social humans," Cain said. "I have heard and personally seen young people struggle with online learning. They struggle not having social aspects of school and families are now coping with growing mental health issues – that is if you are so fortunate to have a family that is available and supportive."

Liang, the council president, said she was concerned about inequity caused by online learning.

"I constantly think what would have happened if this was me in first grade or third grade or sixth grade or seventh grade and trying to rely on my parents to get me set up on this piece of technology and understanding, with limited English proficiency, what they are supposed to be doing," she said.

"There I so much inequity, I think, for a lot of those families across the city who do have limited English proficiency and are struggling with trying to make sure they can support their kids."

Palmucci, who opposed the resolution, said he was surprised the measure was introduced because the School Committee and not the City Council sets policy for the schools. Palmucci said everyone wants to see children return to the classroom, "but you can't just say you want it and it happens and it happens safely."

"We're still in the middle of a pandemic. Our teachers haven't been vaccinated," Palmucci said.

"We have the responsibilities of an employer here as the city and I'm not comfortable asking people to go

back to work before they are vaccinated."

Andronico, who served on the School Committee until he was appointed to the council last month, said there is not enough space within the city's schools to accommodate all students with six feet of distancing. School officials have worked on plans for returning students to the classroom over the past several months, he added, and the matter is not something within the council's purview.

"While I appreciate the intent and overall message of this resolution, I do have a concern...of the precedent the passing of this resolution would set. Although

resolutions are non-binding, I don't believe this particular issue falls under the purview of the City Council," Andronico said. "Our public school system has a set of duly elected officials."

DiBona, who formerly served on the School Committee, said he supported the resolution because parents and children should have the option of fully in-person classes.

"I want to commend Councillor Cain for bringing this forward. I have three children in Quincy Public Schools, and it has been horrendous this past year with them," DiBona said.

"We can't force families and kids to go back to

school, but we have to give them that option. I do feel we have to push a little bit here."

In response to concerns about overstepping the council's role by passing the measure, Cain said his resolution was like any other resolution approved by the body because it expresses support for a particular position.

"We can make whatever comments we want – that's our job," he said. "We work for the city, we work for the people, we can make comments about situations and in this case this is about support, because I want the people in Ward 3 to know that I back them."

MA Relaxing Capacity Limits

By SCOTT JACKSON

Capacity limits for a host of businesses increased from 25 to 40 percent statewide on Monday as coronavirus cases and hospitalizations in Massachusetts continue to decline.

Gov. Charlie Baker had ordered nearly every business in the state – includ-

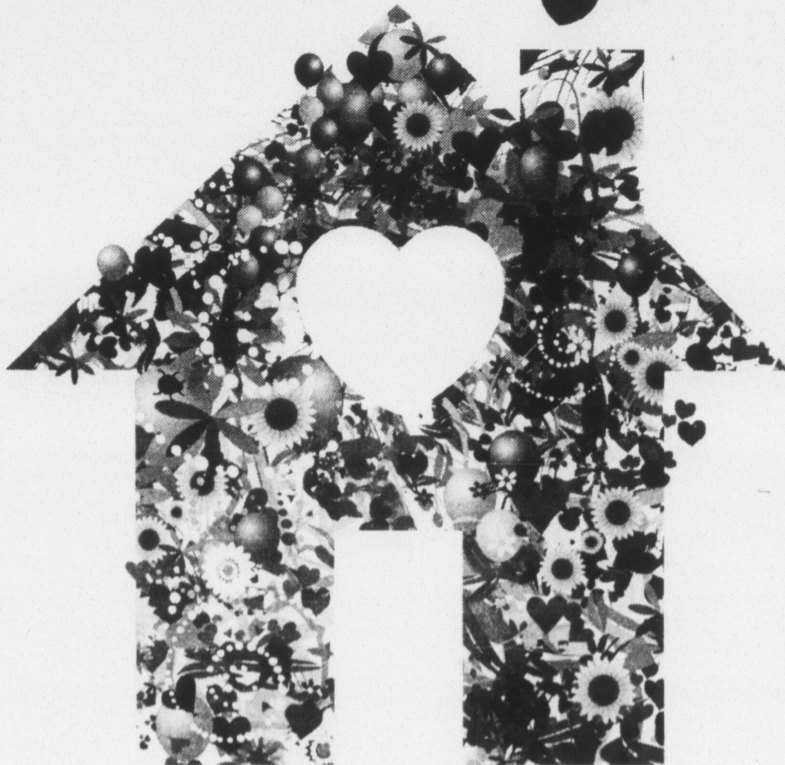
ing retailers, restaurants, offices, gyms, libraries, museums, movie theaters, and houses of worship – to operate at one-quarter capacity effective Dec. 26 to stave off a post-Christmas surge in cases and hospitalizations.

During a State House press conference on Feb.

4, the governor noted both those number had been trending in the right direction over the past month. Hospitalizations were down more than 33 percent, from a high 2,428 on Jan. 4 to 1,635 as of Jan. 2. The seven-day average of new cases is down by nearly 50 per-

Cont'd On Page 30

Every Home
Should be a
Safe Home



Love Shouldn't Hurt



From One Survivor to Another

I wanted to share some insight into the ongoing problem of domestic violence, especially during these unprecedented times. As someone who has experienced it myself, I know that there are so many fears and emotions that keep victims and survivors stuck; self-blame, guilt, and shame can stop us from reaching out.

I am the mother of four young adults right now but during my divorce, they were four school-aged children. My ex-husband was in the law enforcement field and so, I hid the abuse for a very long time.

The good news is that there are programs out there that can help survivors of domestic violence and their children. If you are a survivor, I hope you are reading this now: you are loved, you are cared for. If it is safe to do so, please find a way to make a phone call to your local domestic violence organization or to someone you trust for support.

As for myself, I still struggle sometimes. I have lost a lot of friends along the way after my divorce and know how devastating the isolation can be. I gain strength, however, from a domestic violence support group at DOVE once a week and my other spiritual and social support systems. Now, I hope to share my story to make sure others don't ever have to feel alone again.

So please find somebody that you trust, make that call to your local domestic violence organization, start planning for your safety and wellbeing. You deserve to live a life free of abuse! Please stay healthy and safe!

Lisa

Everyone has a role to play in ending partner abuse and domestic violence.

Please visit our website: www.dovema.org to learn more ways that you can get involved.

DOVE's Mission

DOVE is committed to partnering with diverse communities, families, and individuals impacted by domestic or partner violence. We promote hope, healing, safety, and social change by providing a broad range of preventive and responsive services.

24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)
Community Advocacy & Prevention Services: 617.770.4065
P.O. Box 690267, Quincy, MA 02269 • www.dovema.org

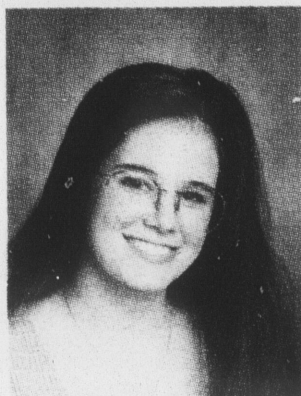


QHS Inducts 69 Seniors Into National Honor Society

Sixty-nine QHS seniors were inducted into the National Honor Society (NHS) this year, an impressive feat signifying the incredible credentials of the Class of 2021.

For induction to this prestigious group, students are judged on The Four Pillars, which include Scholarship, Service, Leadership, and Character. This includes maintaining a GPA of 4.0 or above as well as earning additional community service hours beyond the regular Quincy High School requirement. These members also belong to multiple school groups, often serving in leadership positions, take part in athletics, and continually succeed in the classroom.

COVID-19 has brought on so many challenges this year and has greatly affected the senior year of the Class



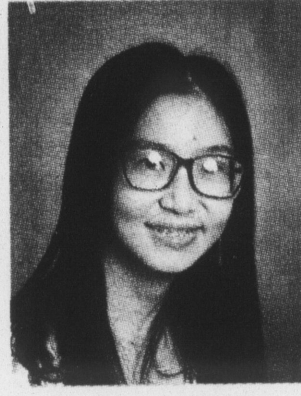
JESSICA ZISK
President



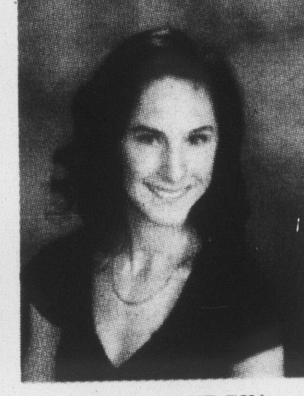
NORA DONOVAN
Vice President



HANNAH MURPHY
Secretary



HSIU TSAO
Treasurer



EILEEN DURGIN
Chapter historian

of 2021. Despite this monumental challenge, NHS, with the guidance of Advisor QHS teacher Laurie Canning, has continued to come together in biweekly Zoom meetings and is still finding ways to serve the community. In an effort to keep the community safe they have become creative with their service. These students have devoted their time to tutoring peers on-

line, babysitting neighbors' children, shoveling driveways and walkways during snowstorms, and organizing the mailing of holiday cards to a local nursing home.

The officers of Quincy High School's National Honor Society are:

Jessica Zisk, president; Nora Donovan, vice president; Hannah Murphy, secretary; Hsiu Tsao, treasurer; and Eileen Durgin, Chapter

historian.

Members of the National Honor Society are:

Grace Akkara, Dea Avdulla, Brendan Cavin, Michelle Chen, Kasey Chow, Charles Codner, Robert Conboy Murphy, William Cook, Joseph Dinh, James Doan, Collin Driscoll, Kelsey Duong, Michael Duong, Juliana Gee, Marsha Germain, Ashley Grehan, Ilkim Gumus and Brian Gutro.

Isabella Hanley, Emilia Henry, Kyla Ho, Samuel Hurley, Mia Hurley, Thuy Huynh, Noela Janka, Jacquelyn Kane, Supriti Karki, Matthew Kelly, Aisling Kelly, Rachel Anne Lafferty, Jose Maria Gabriel Las, Annie Liang, Tina Lin, Raymond Liu, Megan MacNeil, Julia McGillicuddy, Alessia Mochi and Niamh Mwafu-lirwa.

Jack Nelson, Wayne

Nguyen, Huy Nguyen, Mark Nguyen, Ryan Phelan, Joyce Ramos, Alyssa Ruan, Alyssa Ryan, Joselle Samson, Ryleigh Smith, Cindy Su, Shirley Tang, Jefferson Tian, Abigail Toland, Kevin Toler, Andrew Tran, Eileen Trenholm, Lilian Uong, Kenny Vo, Anna Weng, Anny Yanovitch, Dong Pei Zhang, Cecily Zhao, Marsha Zheng, Yuyang Zheng and Alvis Zou.

Be Your Own Best Advisor: Six Fundamentals For Wealth Management

There is no shortage of information someone can find on the internet, and that's part of the problem for people trying to make the right investment decisions.

"There is an overabundance of information, so much that it can make your head spin," says Patrick

Rush, CEO of Triad Financial Advisors and the ForbesBooks author of "Gain Big and Give Back: Financial Planning with Intention."

The solution to this information-overload issue isn't always to hire a financial professional, Rush says,

because picking one who is working more for their own benefit rather than that of their clients can lead down the wrong path.

"The key is first educating yourself in the fundamentals of financial planning," Rush says. "The wealthiest Americans have

grown their fortunes by understanding financial basics and following a set of fundamentals.

"While there are thousands of complicated ways to invest your money, there are only a handful of proven ways to grow wealth. Keep it simple."

Rush offers a six-point set of fundamentals people can learn to help with their wealth management:

- **A financial plan.** Rush says this is the most important tool to help you build wealth and confidence. "Everyone should have a financial plan in place before they start seeking investment recommendations," he says. "That plan should address budgeting, expenses, insurance, investing, long-term care, estate planning, tax-planning benefits, and other matters critical to long-term financial success. It also establishes a list of specific financial goals."

- **Evidence-based investing.** "This approach

maximizes returns by pursuing a proven investment strategy backed by facts, reason, and historical data," Rush says. "It's a rational, scientific process to determine where to put your money to best make it work for you. Evidence-based investing helps prevent chasing hot equities at their peak and panic selling." Those kinds of fear-based decisions cause investors to buy high and sell low, he says, which eats away at your portfolio over time.

- **A portfolio paycheck.** Retirees get anxiety wondering how they're going to live comfortably when they don't have their former paycheck coming in. "The key is finding the right way to draw a paycheck from your portfolio without taking unnecessary risks that could jeopardize your life savings," Rush says. "Your cash needs will influence how aggressive or conservative you'll want to be in retirement."

- **Taxes, and how efficiencies can benefit you.** "Tax law is confusing in the best of times," Rush says. Since the passage of the Tax Cuts and Jobs Act of 2017 and the SECURE Act of 2019, more people than ever are uncertain about how the law applies to them and how to optimize their tax situation. "There are ways to

avoid costly mistakes," he says. "Prudent asset allocation helps investors defer or eliminate taxes. If you do only one thing to create a tax-efficient portfolio, max out your 401(k)."

- **Choosing the right healthcare.** A study by Fidelity Investments found that a 65-year-old couple retiring in 2019 will need \$285,000 to cover medical expenses through retirement. "Formulate a plan for your healthcare needs ahead of time," Rush says. "A major medical emergency or long-term illness can devastate your finances. Most elderly Americans will need long-term care insurance at some point."

- **Charitable giving.** "Donor-advised funds are a tax-efficient way to give to charity," Rush says. "Qualified charitable contributions are especially attractive to individuals who have reached the Required Minimum Distribution age of 72, when you have to start withdrawing funds from an employer-sponsored retirement plan."

"The means of building and maintaining wealth are not a secret," Rush says. "But many people have not educated themselves on the fundamentals. Learning them can help you retire with confidence."

QUINCY COLLEGE

New 7 & 10 WEEK COURSES

MARCH 1 & MARCH 24

IT'S NOT TOO LATE
TO REGISTER FOR SPRING!



INTERESTED IN A CAREER IN HEALTHCARE?

NURSING VIRTUAL OPEN HOUSE

Learn more about Quincy College's Practical Nursing (10-month) and Associate of Science in Nursing (two-year) programs.

During the information session, we will review requirements and expectations of each program as well as costs and financial aid. Scholarships available!

NURSING VIRTUAL OPEN HOUSE DATES

WEDNESDAY FEBRUARY 17TH 11:00AM-12:00PM

THURSDAY FEBRUARY 25TH 4:00PM-5:00PM

REGISTER FOR A SESSION AT:
QUINCYCOLLEGE.EDU/NURSE

QUESTIONS? CONTACT: LINDSAY PECKHAM AT
LPECKHAM@QUINCYCOLLEGE.EDU, 617-984-1715



JOAN'S OLYMPIC GYM
Gymnastics & Dance School

Winter Program
Accepting
NEW Registration
Sign up NOW
CLASS SIZE LIMITED!



Voted #1 On The South Shore

781-843-9624

An excellent educational environment for your child.
197 Quincy Ave. Braintree
joansolympicgym.com

Joyce & Gendreau
Jewelers

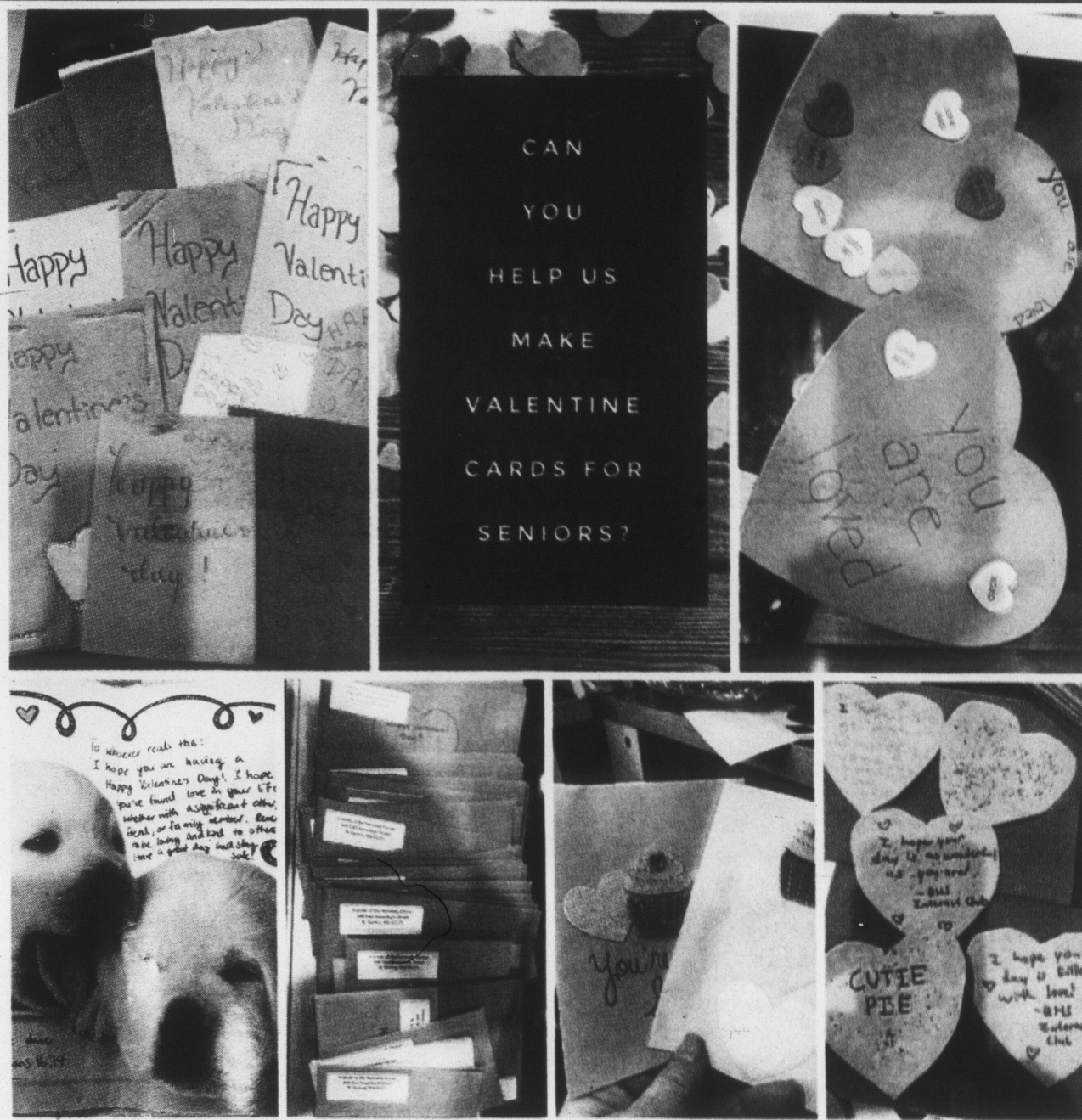
Custom Designs • On-Premise Repairs
Quality Jewelry • Great Values
Over 100 Years of Honesty and Reliability
Friendly, Family Business

52 Billings Road No. Quincy
Facebook/JoyceandGendreau 617.328.0084

FEB

11

2021



GLADYS PETKUN of Wollaston was also among the local senior citizens who received a valentine from Caryn Smith and the Friends of the Kennedy Center Board of Directors.



CARYN SMITH, president of the Friends of the Kennedy Center Board of Directors, delivers a valentine to Dick Smith of Wollaston. Photos Courtesy Caryn Smith

Seniors Receive Valentines From Friends Of The Kennedy Center

By CARYN SMITH

The board of directors of the Friends of the Kennedy Center wanted to reach out to seniors in our community to let them know we are thinking about them.

Usually, the Friends of the Kennedy Center board holds an opening day for the Red Sox party, monthly bingo and a veterans luncheon but due to COVID-19 we weren't able to host any of our events.

The board decided to make Valentine cards and distribute to the 375 active members of the center. We needed help and asked the Quincy Rotary Club and the Interact Clubs at both North Quincy and Quincy High School to help with our community project. Also, Caryn Smith, the president of the Friends Group posted on her Facebook page about

the project. The response has been overwhelming.

In just four days we had over 400 cards and as of today we have reached over 1,000 cards. We've been able to expand the project and gave almost three hundred cards to The Moorings, a senior living community in Quincy and delivered more to seniors who weren't

on our initial list.

Some people made cards with glitter and felt, some bought them, others even made a family project out of it. The Quincy Interact Club made over 250 cards. One student wrote a beautiful message in each card letting the recipient know that they are loved and appreciated.

Our Quincy Commu-

nity responded and helped make Valentine's day a little brighter for over 1,000 seniors.

The following people are on the Board:

Caryn Smith, president; Ed Barrett, vice president; Karen Gaughan, treasurer; Mary Fishman, secretary; Loretta Boreno, Linda Bowes and Katherine Hubley.

Applications Available For Henry O. Peabody Scholarships

The Henry O. Peabody School for Girls announces the 31st year of providing financial assistance for post-secondary education to women seeking an independent livelihood.

The Henry O. Peabody Scholarship program will award renewable scholarships of \$1,000 to \$5,000 to women of Norfolk County. Recipients will be chosen

on the basis of merit and financial need.

Applications must be submitted by April 16 for scholarships for the 2021-2022 academic year. Information and application forms are available for downloading at <https://learnmore.scholarsapply.org/peabody/>.

To be eligible for the Henry O. Peabody scholar-

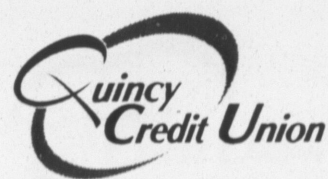
ship, women may be graduating high school seniors, currently enrolled undergraduates, or those seeking to return to school. Scholarships may be used for full- or part-time study at any accredited two- or four-year college or university as well as vocational-technical schools. Applications are also encouraged from women who are displaced

homemakers or now receiving government assistance.

Adult students may negotiate to use their awards for child care or other education-related expenses. Awards are renewable up to three years on the basis of satisfactory academic performance and maintaining full- or part-time enrollment.

In selecting recipients,

first preference will be given to residents of Norwood. Second preference will be given to applicants from Bellingham, Brockton, Canton, Dedham, Mansfield, Sharon, Walpole, Westwood, Weymouth and Wrentham. Third preference will be given to residents of other towns in Norfolk County including Quincy.



COLDER WEATHER HOTTER RATES

Auto loan rates
as low as

1.74% APR*

Apply online at www.qcu.org or through our mobile app.



*APR—Annual Percentage Rate. Rates currently in effect and subject to change. Rate, term and approval amount based on creditworthiness. Speak with a loan representative to find out how your rate is determined. QCU finances 100% of the purchase price or book value, whichever is less. Minimum rate with Auto Pay is 1.74%. Payment per thousand on 1.74% for 36 months is \$28.54. Interest will accrue during deferment. Rate without auto pay is 1.99%. Payment per thousand on 1.99% is \$28.64. Other rates and terms available. Maximum term is 84 months for new auto loans, and maximum loan amount is \$75,000 for qualified applicants. Refinancing on existing QCU loans required additional proceeds of \$4,000 minimum. Membership eligibility requirements apply. Providing financial products and services to individuals who work or live in Norfolk, Plymouth Counties or Dorchester and their family members and family members of existing members. \$5.00 Primary Share Account required for Membership.

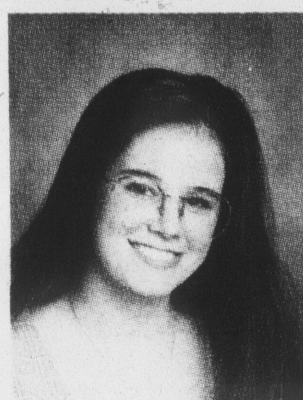


QHS Inducts 69 Seniors Into National Honor Society

Sixty-nine QHS seniors were inducted into the National Honor Society (NHS) this year, an impressive feat signifying the incredible credentials of the Class of 2021.

For induction to this prestigious group, students are judged on The Four Pillars, which include Scholarship, Service, Leadership, and Character. This includes maintaining a GPA of 4.0 or above as well as earning additional community service hours beyond the regular Quincy High School requirement. These members also belong to multiple school groups, often serving in leadership positions, take part in athletics, and continually succeed in the classroom.

COVID-19 has brought on so many challenges this year and has greatly affected the senior year of the Class



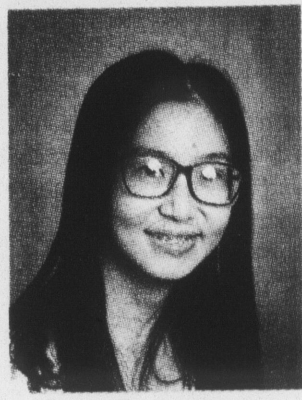
JESSICA ZISK
President



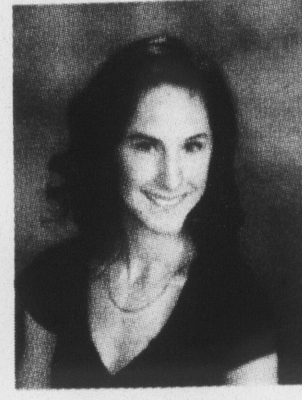
NORA DONOVAN
Vice President



HANNAH MURPHY
Secretary



HSIU TSAO
Treasurer



EILEEN DURGIN
Chapter historian

of 2021. Despite this monumental challenge, NHS, with the guidance of Advisor QHS teacher Laurie Canning, has continued to come together in biweekly Zoom meetings and is still finding ways to serve the community. In an effort to keep the community safe they have become creative with their service. These students have devoted their time to tutoring peers on-

line, babysitting neighbors' children, shoveling driveways and walkways during snowstorms, and organizing the mailing of holiday cards to a local nursing home.

The officers of Quincy High School's National Honor Society are:

Jessica Zisk, president; Nora Donovan, vice president; Hannah Murphy, secretary; Hsiu Tsao, treasurer; and Eileen Durgin, Chapter

historian.

Members of the National Honor Society are:

Grace Akkara, Dea Avdulla, Brendan Cavin, Michelle Chen, Kasey Chow, Charles Codner, Robert Conboy Murphy, William Cook, Joseph Dinh, James Doan, Collin Driscoll, Kelsey Duong, Michael Duong, Juliana Gee, Marsha Germain, Ashley Grehan, Ilkim Gumus and Brian Gutro.

Isabella Hanley, Emilia Henry, Kyla Ho, Samuel Hurley, Mia Hurley, Thuy Huynh, Noela Janka, Jacquelyn Kane, Supriti Karki, Matthew Kelly, Aisling Kelly, Rachel Anne Lafferty, Jose Maria Gabriel Las, Annie Liang, Tina Lin, Raymond Liu, Megan MacNeil, Julia McGillicuddy, Alessia Mochi and Niamh Mwafu-lirwa.

Jack Nelson, Wayne

Nguyen, Huy Nguyen, Mark Nguyen, Ryan Phelan, Joyce Ramos, Alyssa Ruan, Alyssa Ryan, Joselle Samson, Ryleigh Smith, Cindy Su, Shirley Tang, Jefferson Tian, Abigail Toland, Kevin Toler, Andrew Tran, Eileen Trenholm, Lilian Uong, Kenny Vo, Anna Weng, Anny Yanovitch, Dong Pei Zhang, Cecily Zhao, Marsha Zheng, Yuyang Zheng and Alvis Zou.

Be Your Own Best Advisor: Six Fundamentals For Wealth Management

There is no shortage of information someone can find on the internet, and that's part of the problem for people trying to make the right investment decisions.

"There is an overabundance of information, so much that it can make your head spin," says Patrick

Rush, CEO of Triad Financial Advisors and the ForbesBooks author of "Gain Big and Give Back: Financial Planning with Intention."

The solution to this information-overload issue isn't always to hire a financial professional, Rush says,

because picking one who is working more for their own benefit rather than that of their clients can lead down the wrong path.

"The key is first educating yourself in the fundamentals of financial planning," Rush says. "The wealthiest Americans have

grown their fortunes by understanding financial basics and following a set of fundamentals.

"While there are thousands of complicated ways to invest your money, there are only a handful of proven ways to grow wealth. Keep it simple."

Rush offers a six-point set of fundamentals people can learn to help with their wealth management:

- **A financial plan.** Rush says this is the most important tool to help you build wealth and confidence. "Everyone should have a financial plan in place before they start seeking investment recommendations," he says. "That plan should address budgeting, expenses, insurance, investing, long-term care, estate planning, tax-planning benefits, and other matters critical to long-term financial success. It also establishes a list of specific financial goals."

- **Evidence-based investing.** "This approach

maximizes returns by pursuing a proven investment strategy backed by facts, reason, and historical data," Rush says. "It's a rational, scientific process to determine where to put your money to best make it work for you. Evidence-based investing helps prevent chasing hot equities at their peak and panic selling." Those kinds of fear-based decisions cause investors to buy high and sell low, he says, which eats away at your portfolio over time.

- **A portfolio paycheck.** Retirees get anxiety wondering how they're going to live comfortably when they don't have their former paycheck coming in. "The key is finding the right way to draw a paycheck from your portfolio without taking unnecessary risks that could jeopardize your life savings," Rush says. "Your cash needs will influence how aggressive or conservative you'll want to be in retirement."

- **Taxes, and how efficiencies can benefit you.** "Tax law is confusing in the best of times," Rush says. Since the passage of the Tax Cuts and Jobs Act of 2017 and the SECURE Act of 2019, more people than ever are uncertain about how the law applies to them and how to optimize their tax situation. "There are ways to

avoid costly mistakes," he says. "Prudent asset allocation helps investors defer or eliminate taxes. If you do only one thing to create a tax-efficient portfolio, max out your 401(k)."

- **Choosing the right healthcare.** A study by Fidelity Investments found that a 65-year-old couple retiring in 2019 will need \$285,000 to cover medical expenses through retirement. "Formulate a plan for your healthcare needs ahead of time," Rush says. "A major medical emergency or long-term illness can devastate your finances. Most elderly Americans will need long-term care insurance at some point."

- **Charitable giving.** "Donor-advised funds are a tax-efficient way to give to charity," Rush says. "Qualified charitable contributions are especially attractive to individuals who have reached the Required Minimum Distribution age of 72, when you have to start withdrawing funds from an employer-sponsored retirement plan."

"The means of building and maintaining wealth are not a secret," Rush says. "But many people have not educated themselves on the fundamentals. Learning them can help you retire with confidence."

QUINCY COLLEGE

New **7 & 10 WEEK COURSES**

MARCH 1 & MARCH 24

**IT'S NOT TOO LATE
TO REGISTER FOR SPRING!**



INTERESTED IN A CAREER IN HEALTHCARE?

NURSING VIRTUAL OPEN HOUSE

Learn more about Quincy College's Practical Nursing (10-month) and Associate of Science in Nursing (two-year) programs.

During the information session, we will review requirements and expectations of each program as well as costs and financial aid. Scholarships available!

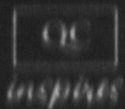
» NURSING VIRTUAL OPEN HOUSE DATES

WEDNESDAY FEBRUARY 17TH 11:00AM-12:00PM

THURSDAY FEBRUARY 25TH 4:00PM-5:00PM

REGISTER FOR A SESSION AT:
QUINCYCOLLEGE.EDU/NURSE

QUESTIONS? CONTACT LINDSAY PECKHAM AT
LPECKHAM@QUINCYCOLLEGE.EDU, 617-984-1715



**JOAN'S
OLYMPIC GYM**
Gymnastics & Dance
School

**Winter Program
Accepting
NEW Registration**
Sign up NOW
CLASS SIZE LIMITED!



Voted #1 On The South Shore

781-843-9624

An excellent educational
environment for your child
197 Quincy Ave. Braintree
joansolympicgym.com

Joyce & Gendreau
Jewelers

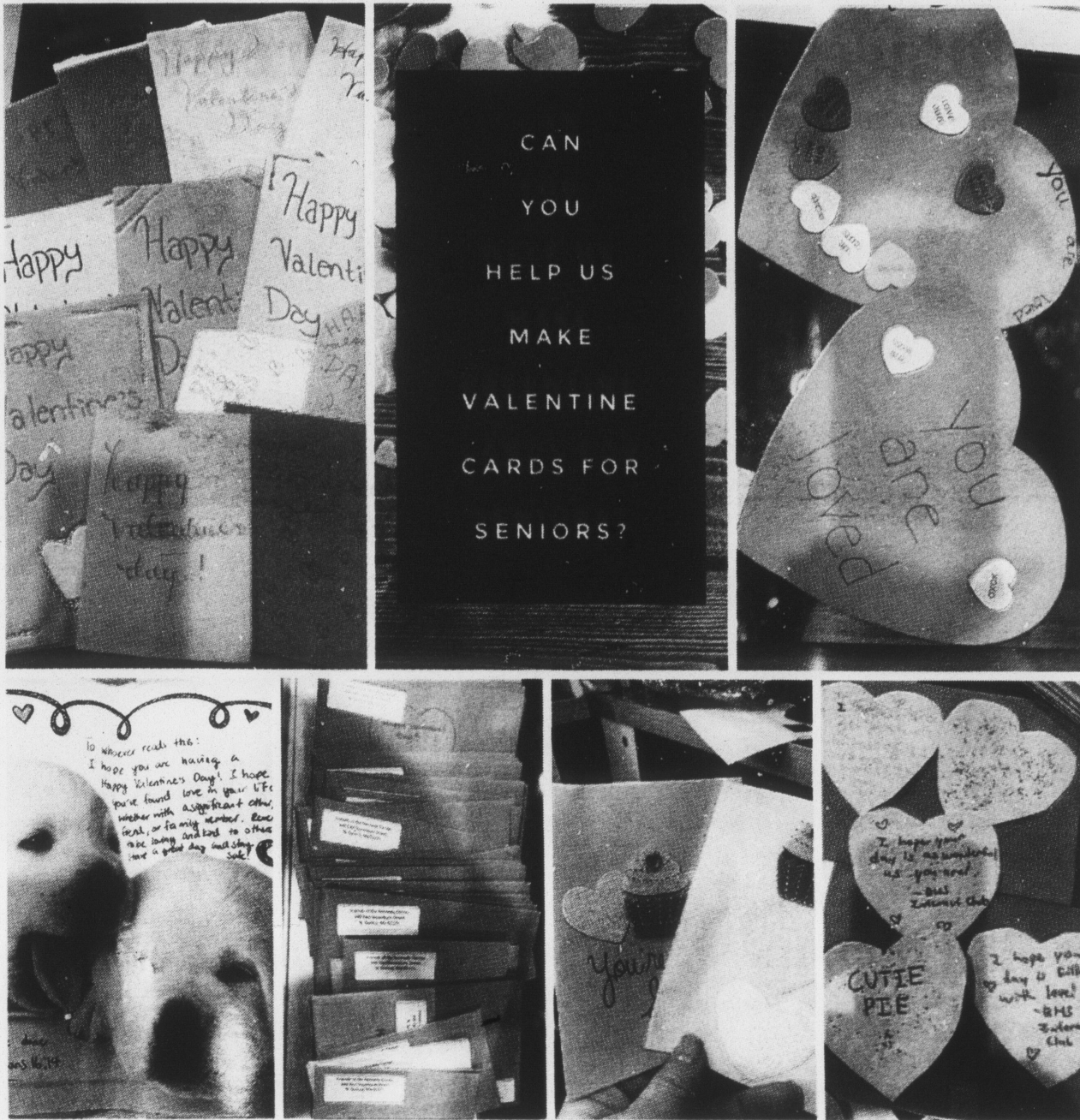
Custom Designs • On-Premise Repairs
Quality Jewelry • Great Values
Over 100 Years of Honesty and Reliability
Friendly, Family Business

52 Billings Road No. Quincy
Facebook/JoyceandGendreau 617.328.0084

F
E
B

1
1

2
0
2
1



GLADYS PETKUN of Wollaston was also among the local senior citizens who received a valentine from Caryn Smith and the Friends of the Kennedy Center Board of Directors.



CARYN SMITH, president of the Friends of the Kennedy Center Board of Directors, delivers a valentine to Dick Smith of Wollaston. Photos Courtesy Caryn Smith

Seniors Receive Valentines From Friends Of The Kennedy Center

By CARYN SMITH

The board of directors of the Friends of the Kennedy Center wanted to reach out to seniors in our community to let them know we are thinking about them.

Usually, the Friends of the Kennedy Center board holds an opening day for the Red Sox party, monthly bingo and a veterans luncheon but due to COVID-19 we weren't able to host any of our events.

The board decided to make Valentine cards and distribute to the 375 active members of the center. We needed help and asked the Quincy Rotary Club and the Interact Clubs at both North Quincy and Quincy High School to help with our community project. Also, Caryn Smith, the president of the Friends Group posted on her Facebook page about

the project. The response has been overwhelming.

In just four days we had over 400 cards and as of today we have reached over 1,000 cards. We've been able to expand the project and gave almost three hundred cards to The Moorings, a senior living community in Quincy and delivered more to seniors who weren't

on our initial list.

Some people made cards with glitter and felt, some bought them, others even made a family project out of it. The Quincy Interact Club made over 250 cards. One student wrote a beautiful message in each card letting the recipient know that they are loved and appreciated.

Our Quincy Commu-

nity responded and helped make Valentine's day a little brighter for over 1,000 seniors.

The following people are on the Board:

Caryn Smith, president; Ed Barrett, vice president; Karen Gaughan, treasurer; Mary Fishman, secretary; Loretta Boreno, Linda Bowes and Katherine Hubley.

Applications Available For Henry O. Peabody Scholarships

The Henry O. Peabody School for Girls announces the 31st year of providing financial assistance for post-secondary education to women seeking an independent livelihood.

The Henry O. Peabody Scholarship program will award renewable scholarships of \$1,000 to \$5,000 to women of Norfolk County. Recipients will be chosen

on the basis of merit and financial need.

Applications must be submitted by April 16 for scholarships for the 2021-2022 academic year. Information and application forms are available for downloading at <https://learnmore.scholarsapply.org/peabody/>.

To be eligible for the Henry O. Peabody scholar-

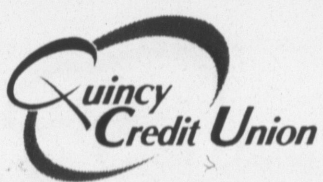
ship, women may be graduating high school seniors, currently enrolled undergraduates, or those seeking to return to school. Scholarships may be used for full- or part-time study at any accredited two- or four-year college or university as well as vocational-technical schools. Applications are also encouraged from women who are displaced

homemakers or now receiving government assistance.

Adult students may negotiate to use their awards for child care or other education-related expenses. Awards are renewable up to three years on the basis of satisfactory academic performance and maintaining full- or part-time enrollment.

In selecting recipients,

first preference will be given to residents of Norwood. Second preference will be given to applicants from Bellingham, Brockton, Canton, Dedham, Mansfield, Sharon, Walpole, Westwood, Weymouth and Wrentham. Third preference will be given to residents of other towns in Norfolk County including Quincy.



COLDER WEATHER HOTTER RATES

Auto loan rates as low as 1.74% APR*

Apply online at www.qcu.org or through our mobile app.



*APR-Annual Percentage Rate. Rates currently in effect and subject to change. Rate, term and approval amount based on creditworthiness. Speak with a loan representative to find out how your rate is determined. QCU finances 100% of the purchase price or book value, whichever is less. Minimum rate with Auto Pay is 1.74%. Payment per thousand on 1.74% for 36 months is \$28.54. Interest will accrue during deferment. Rate without auto pay is 1.99%. Payment per thousand on 1.99% is \$28.64. Other rates and terms available. Maximum term is 84 months for new auto loans, and maximum loan amount is \$75,000 for qualified applicants. Refinancing on existing QCU loans required additional proceeds of \$4,000 minimum. Membership eligibility requirements apply. Providing financial products and services to individuals who work or live in Norfolk, Plymouth Counties or Dorchester and their family members and family members of existing members. \$5.00 Primary Share Account required for Membership.



Gormley (25 Points) Paces Raiders Past Presidents

By TOM JOYCE

It didn't matter that the North Quincy High girls' basketball team trailed for the first three quarters of their rivalry game with the Quincy High Presidents last Friday night.

What mattered for them is that they surged offensively in the fourth quarter and held their opponent to three points in the entire second half. NQ ended up winning the game 36-22. With the win, NQ improved to 6-4 on the season while Quincy fell to 2-10.

Although NQ won the game, they trailed 19-11 at halftime and 21-20 headed into the fourth quarter of the contest.

"I thought Quincy played really hard," NQ head coach Paul Bregoli said. "They had us back on our heels. They hit outside shots and beat us on the glass. I thought our kids were too passive. We changed our defense in the second half because we had to. Nothing was working for us in the second half. It's happened in the last three games. It's not a fluke. We held Pembroke to three points in the second half. To do that to a team that had us in the first half, is a credit to our kids."

NQ trimmed the deficit in the third quarter, but the fourth was when they had their top performance, outscoring their opponent 16-1 in the final eight minutes of the contest.

NQ took a 22-21 lead with 7:39 left in the game. Freshman guard Orlagh

Gormley hit a deep two-pointer to make that happen. Then she extended her team's lead to three by blocking a Quincy shot, running down the court and hitting a layup. She scored a team-high 25 points for NQ in the win.

Freshman guard Ava Bryan made a shot under the basket with 5:58 left to keep the momentum going. She also hit a deep two about 40 seconds later and when Gormley grabbed a rebound and hit a layup on a fast break with 4:58 left, the team went up 30-21 and forced a Quincy timeout. Quincy snapped the 10-0 scoring run with a free throw from senior guard Priscilla Bonica with 3:32 remaining.

That was all of the offense Quincy could muster in the quarter, however, as NQ continued to play tough defense. NQ also padded their lead as the game progressed. Senior guard Fallon Hobin sank a three-pointer as the shot clock expired with 2:16 left in the game and Gormley hit a layup, drew a foul, and made the free throw with 1:37 remaining.

"It was all predicated on our defense; we turned them over and we capitalized on the turnovers," Bregoli said. "And that was the game: it was nothing we did offensively. It was stagnant. We had a lot of open looks we missed and I think we're a little bit tight. But credit to Quincy, they played well. They played well the first



'ORLAGH THE SCORER' - North Quincy freshman guard Orlagh Gormley shoots over Quincy junior forward Antenella Ibrahim in the Raiders' 36-22 win over the Presidents Feb. 5. Gormley scored a game-high 25 points in the victory. She has scored 185 points this season, averaging 20.5 points per game.

Quincy Sun Photos/Robert Bosworth

game we played them as well."

"I thought Kiera Sleiman was outstanding at the point," he added. "And Alex Abrahamovich and Bridget Capone, they do a lot of the nitty gritty stuff that doesn't get in the book but makes a difference on the floor. Orlagh has such quick hands and Fallon does too."

Although NQ came out on top, Quincy enjoyed plenty of success early on. They led 12-6 after one quarter and extended their lead to eight before halftime.

NQ got the first score of the game, but Quincy took a lead into halftime. NQ started things off with a three-pointer by senior guard Fallon Hobin with 6:44 left in the first. Quincy responded with a layup by freshman guard Mary Saccoach on the next drive and less than a minute later, sophomore guard Caroline Tracey hit a three-pointer to give the team the lead. NQ tied things up at five with 4:35 left in the first; Bryan scored the basket and sophomore guard Mary Beth Smith had the assist.

However, after that, they only scored one point in 8:40, a stretch that spanned until the second half of the second quarter. As NQ struggled to find the basket, Bonica hit a layup for Quincy with 4:10 left, Tracey did

the same 90 seconds later, Saccoach sank a free throw, and junior forward Antenella Ibrahim hit a layup with 47.8 seconds left.

Quincy kept playing tough defense as they led 12-6 after one quarter.

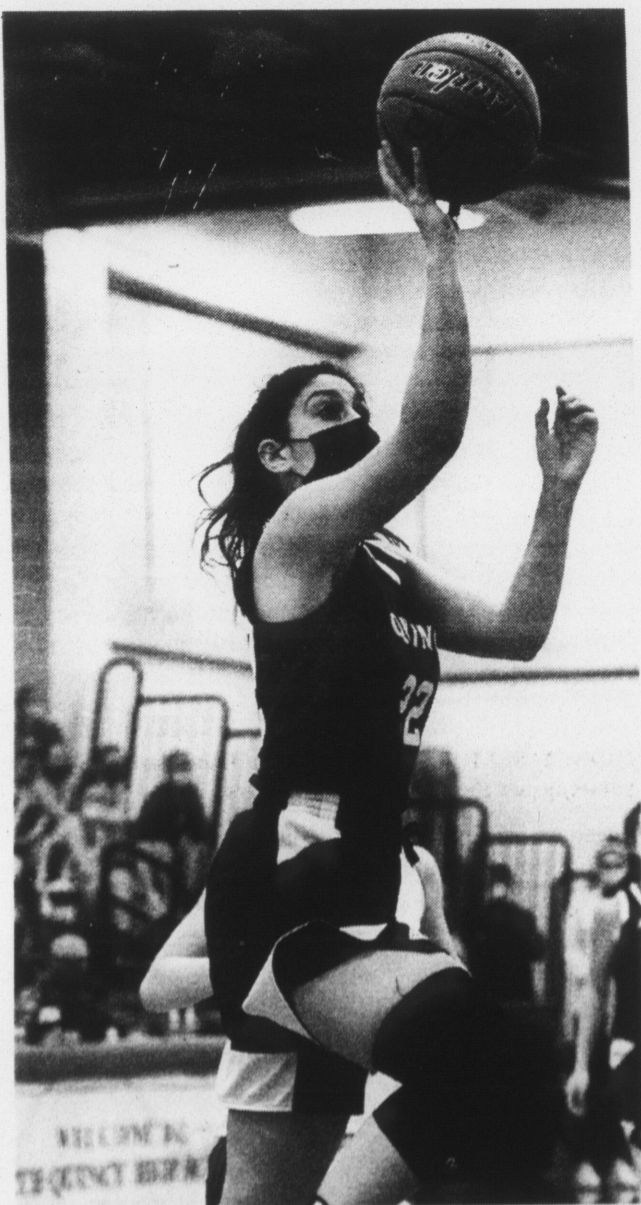
They struck first in the second with Bonica banking a layup under the basket 90 seconds into it. Gormley snapped the drought for NQ with a pair of free throws with 3:55 left in the half. On the next drive Tracey hit a three pointer for Quincy. With 2:41 left in the second, junior guard Kiera Sleiman

hit a free throw for NQ, but freshman guard Paige Mann hit a basket for Quincy with 2:15 left.

NQ cut the deficit to single digits 19-11 before the second half ended on a three-pointer from Gormley. It was the start of a 9-0 run for NQ where Gormley scored every single point. She got NQ within one point with 4:33 left in the third quarter. This came on a free throw following a basket she made where she drew a foul. Before that, she had made a pair of layups and tough defense from NQ pre-

vented their opponent from scoring. However, on their next possession, Quincy got a layup from senior forward Samantha Coletti to make it a three-point game.

Still, Quincy held onto the lead headed into the fourth quarter. Coletti made a basket for them on their next possession and while both sides made stops on defense, Gormley hit a pair of free throw shots for NQ with 43.1 seconds remaining. That made it a 21-20 game as NQ held their opponent to just two points in the third quarter.



JUNIOR FORWARD Antenella Ibrahim puts up a shot for the Presidents against the North Quincy Raiders.



FRESHMAN GUARD Ava Bryan grabbed 14 rebounds in North Quincy's 36-22 win over Quincy Feb. 5. More game photos will appear in the Feb. 18 issue of The Quincy Sun.

FEB

11

2021

NQ Boys' Hoop Holds On To Defeat Quincy, 51-49

By TOM JOYCE

The Quincy High boys' basketball team fought as hard as they could to make a comeback last Friday night, but the team came up just short.

Trailing by 10 points headed into the final quarter of their road rivalry game against the North Quincy Raiders, the Presidents made it a two-point game before time expired. However, the Raiders ultimately won the game 51-49 and improved to 7-3 on the season. With the loss, the Presidents fell to 1-10.

"It's a rivalry game, I'm happy the kids kept battling and that we made enough plays to make the win," Raiders head coach Kevin Barrett said. "We made some free throws at the end there, I wish we could've hit some in the third quarter and early in the fourth, it would've made our lives a little easier, but it's good we were able to close things out in the fourth."

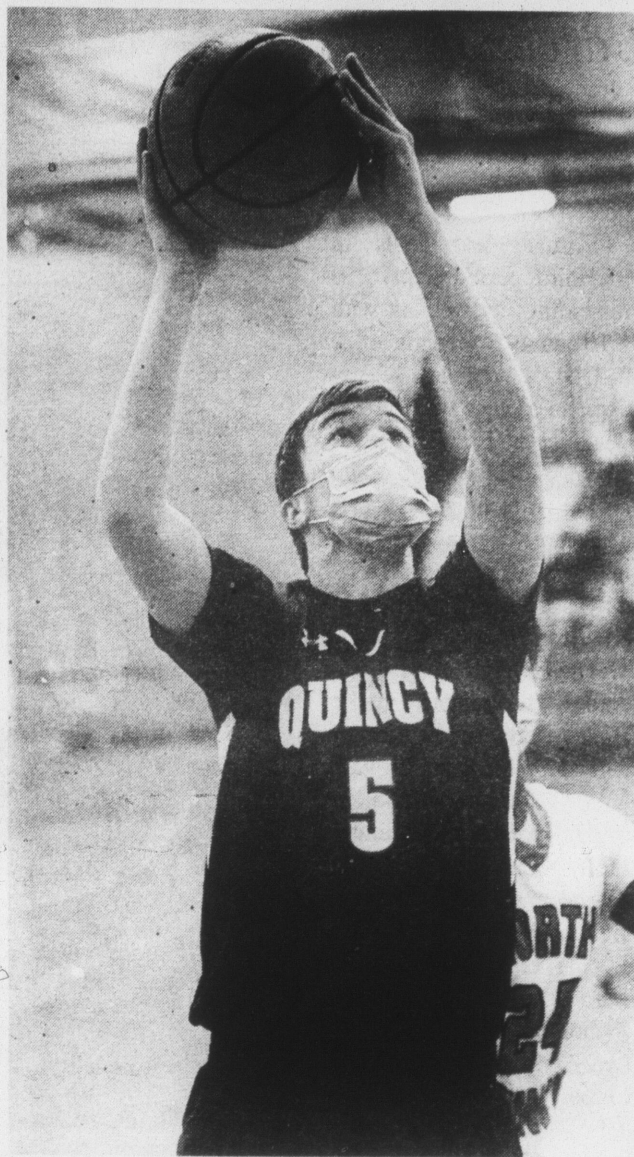
"We've been well-balanced offensively," he added. "We're not relying on one guy and we have people who can defend. I think that's been key for our success. Our focus since Dec. 14 has been to improve every single day. We've been able to do that for the most part with a couple of bumps."

The Raiders got off to a strong start, taking a 20-11 lead after one quarter. In the other three quarters combined, however, the Presidents outscored them.

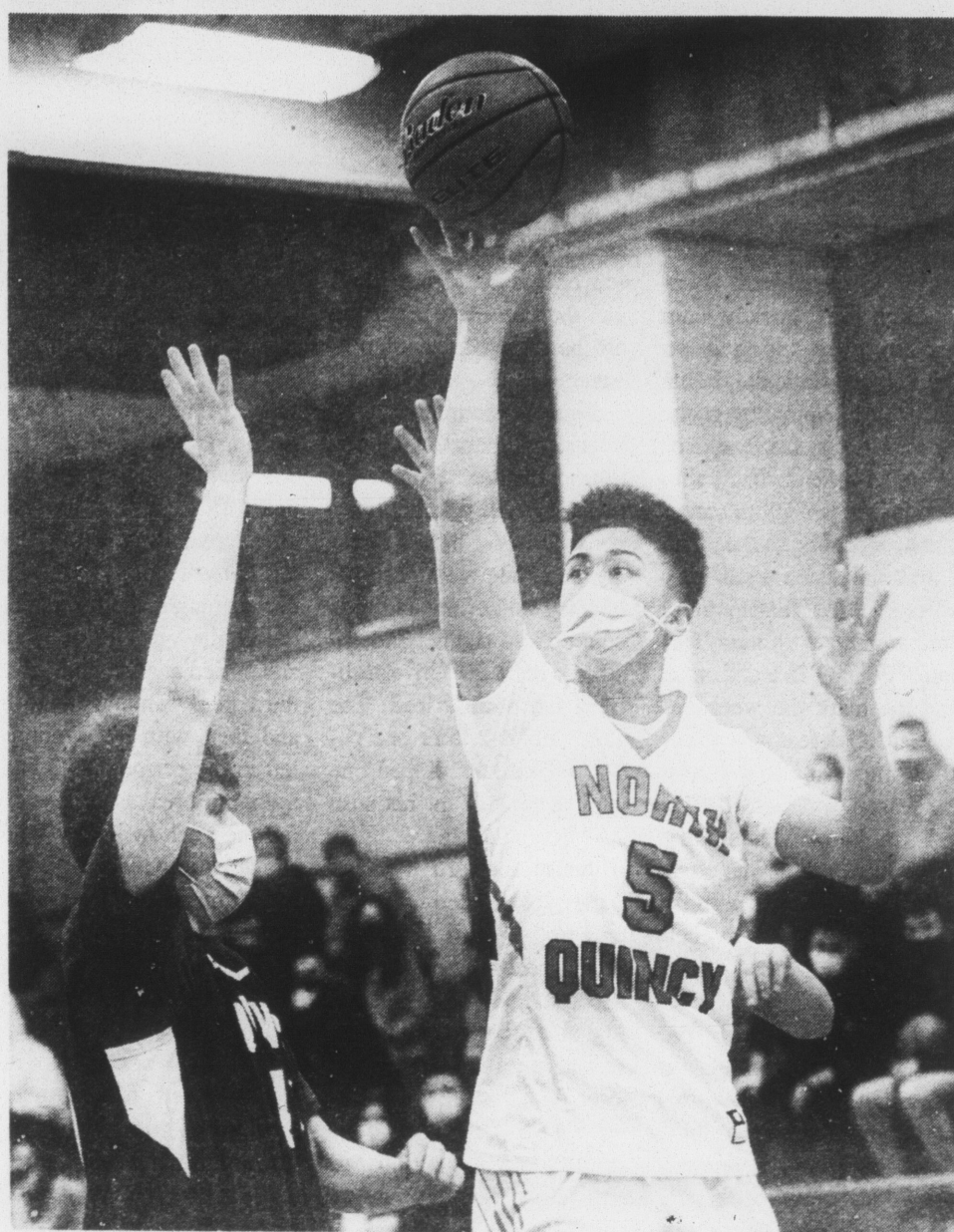
Senior guard Steve Dalla helped the Raiders early on, hitting a layup and a three-pointer in the first two minutes of the bout. Freshman forward Daithi Quinn then had a steal and a finger roll layup with 5:24 remaining to put them up 7-2. Although the Presidents clawed back, senior guard Tyler Le made back-to-back baskets with under a minute remaining in the quarter. Senior guard Kaan Yavuz, who dropped a game-high 23 points for the Presidents, made it a nine-point game when he hit a free throw with 2.3 seconds remaining.

Senior forward Agu Ugwu kept momentum on the Raiders' side to start the second quarter, hitting a pair of layups in the first three-and-a-half minutes to give his team a 13-point lead.

However, the Presidents shined in the final two minutes of the first half and made it a 27-23 game going into the second half. They scored eight unanswered points in that stretch. First, Yanuz hit a three-pointer with 1:58 remaining. He then made a shot under the basket with 1:20 left. With

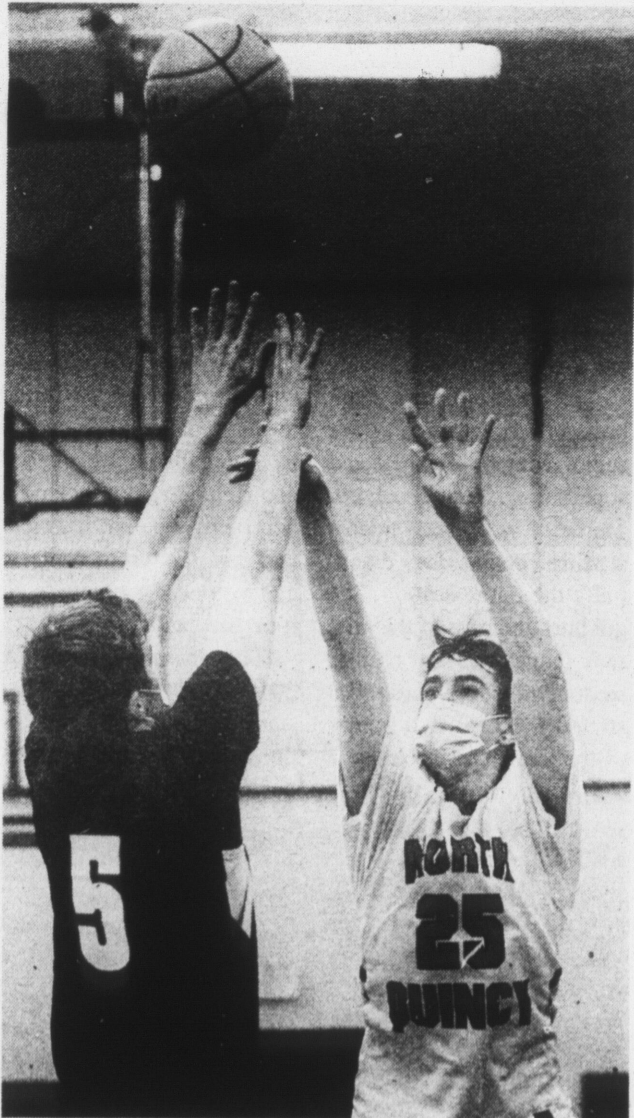


JUNIOR FORWARD Coleman Ross eyes a basket for the Quincy Presidents against the North Quincy Raiders. Ross had 13 points, four rebounds, two assists and two steals for the Presidents.



NORTH QUINCY senior guard Tyler Le scores a bucket in the Raiders' 51-49 win over Quincy Feb. 5.

Quincy Sun Photos Robert Bosworth



NORTH QUINCY freshman guard/forward Daithi Quinn (right) puts up a shot as Quincy's Coleman Ross defends. Quinn scored a team-high 17 points in the Raiders' 51-49 win over the Quincy Presidents Feb. 5.

about 45 seconds left, junior forward Joseph Manton sank a free throw and with 17 seconds left, junior forward Coleman Ross made a shot under the basket.

Momentum shifted back onto the side of the Raiders to start the second half though. Quinn netted five points in the first minute of

it. He first hit a three-pointer and then sank a shot from two-point range 18 seconds later. After that put the team up 32-23, the two sides were about even for the rest of the quarter and the Raiders led 39-29 headed into the fourth.

As the fourth quarter progressed, it looked as

though the Raiders may pull away as Quinn extended the team's lead to 12 points 47-35 on a layup and traffic followed by a free throw with 5:27 left to play. That didn't happen as Quincy went on a 10-1 run to make it a one score game. The only score in that time for the Raiders was a free throw from Quinn with about 4:30 remaining.

Yanuz made a pair of shots under the basket and would make a free throw in the stretch. Ross hit a pair of free throws and Manton sank a three-pointer with just over a minute left to make the score 48-45.

The Presidents then started sending opposing players to the free throw line, including sophomore guard Nate Caldwell. He made both shots with 42 seconds left to put his team up 50-45 -- the points that ended up being the difference-maker in the game.

However, Manton made it to the line for Quincy and hit a pair of free throws, then Dalla made a free throw for North. Yanuz sank a layup with 8.3 seconds remaining to make it a two-point game, but the Raiders successfully inbounded the ball and let the clock expire to pick up the win.

"I thought the effort was 100 percent as it usually is with these guys," Presidents head coach David Parry said. "If a couple of shots dropped for us, maybe it's a different story. But credit to North, they kept us honest with that press and got



QUINCY SENIOR GUARD Dyllan Lopes drives for two points against the North Quincy Raiders.

a lead on us. Everytime we tried to claw back, they had a response for it. But I'm proud of the way our guys played. High school sports this year, anytime you're out there is a blessing. I'm thrilled for them that it was a good competitive game and hopefully this helps us in the playoffs last week."

"When you get down on a team like this, you have to expend a lot of energy to get back in it and I think they

did that," he added. "They responded. They wanted to try to do something special for their senior night too. It was another great Quincy-North Quincy game."

Additionally, Parry said he wanted to thank his team's assistant coaches Mike Norton, Taylor Sturtevant, and Mike Lenane for keeping the team afloat as he missed three games when he had coronavirus earlier in the season.

QNG Girls Hockey Rolls Over Scituate, 14-8

Sophomore Maggie Lynch Notches 100th Career Point

By TOM JOYCE

The roster is small, but the offense exploded and the team came up with a big win.

The Quincy/North Quincy High girls' hockey team had no issue taking down the Scituate Sailors at home Feb. 4. QNG piled on goals, receiving six from sophomore Maggie Lynch, who also netted her 100th career point, becoming the fifth player in the team's history to reach that feat, joining her teammate junior forward Orla O'Driscoll who met the mark the week before. QNG defeated Scituate 14-8, improving to 8-2-1 on the season.

"You know what's crazy is we have a kid who's out right now, so we're only skating eight kids which is unheard of," QNG head coach Jeff Craig said. "You really can't play with five forwards. I'm yelling out for kids to switch positions mid-shift. This was our third game in three nights and we battled last night too. That's why it got a little sloppy out here at some points; they've gotta be exhausted."

"I couldn't be happier for them," he added of his team's success. "They're having fun, they're a fun team to watch, and they're excited. They're all good friends and I'm happy for them to be having this success. Some of these kids will be together for the next four years."

Lynch met the 100 point mark in the first period as she scored two goals. She put the team ahead 2-0 in the first five minutes of the game; first she pushed one in on a rush with 11:32 left in the first then with 10:12

left, she smacked in a backhanded goal.

"She's such a good kid, both her and Orla O'Driscoll are," Craig said. "What you see on the ice from Maggie, she's an even better kid off the ice. But she's fun to watch."

Scituate countered with a goal of their own on a second chance opportunity two and a half minutes later, but O'Driscoll buried a pair of goals—one with 6:16 remaining that she flipped high up into the net and another with 3:09 left—solidifying the team's lead. The game was 4-2 after one period as Scituate slipped one into the back of the net with 2:32 left in the first.

Junior forward Madilyn Bailey extended QNG's lead to 5-2 with 12:49 left in the second period with her first goal of the game. She also stopped a Scituate scoring streak of three unanswered goals a few minutes later. With 10:29 left, Scituate buried a second chance scoring opportunity; they got another after a puck initially saved by the goalie bounced into the net; and with 9:07 left in the second,

they tied the game at five apiece, burying a second chance opportunity. Then, however, with 8:16 remaining, Bailey scored on a breakaway, giving her team a 6-5 lead. They led for the rest of the game.

Bailey and Lynch each scored three goals in the period. Lynch gave QNG a 7-5 edge as she flipped the puck up high into the net on a breakaway with 7:30 left in the second. Then five minutes later, she faked out the goalie on a breakaway and buried another goal. Her third goal came with 1:48 and then with 4.9 seconds left in the period, QNG had a double breakaway. Lynch fed the puck to Bailey who slipped it into the net, giving the team a 10-5 lead after two periods.

QNG kept shining offensively in the third period as well. Bailey flipped in a goal 41 seconds into it; Lynch scored on yet another breakaway with 12:04 remaining; O'Driscoll pushed in a goal on the left side of the net with 9:33 left; and another sophomore defender Maggie Dineen buried the team's final goal of the game

with 6:15 remaining. Eighth grade forward Shea Nolan had the assist on Dineen's goal.

Scituate had goals in the third period with 6:50 remaining, as well as with 1:16 and 49.3 seconds left.

QNG's regular season came to a close with an 8-3 win over the East Bridgewater/West Bridgewater co-op on Feb. 6 to finish at 9-2-1. The team will play Duxbury in the Patriot Cup Saturday at 3 p.m. at The Bog in Kingston.

The QNG roster includes: sophomore goalie Hailey Concannon, junior defender Morgan Novak, junior forward Madilyn Bailey, freshman defender Molly Carroll, freshman defender Caroline Snyder, eighth grade forward Shea Nolan, eighth grade forward Daniella McCarthy, sophomore forward Maggie Lynch, eighth grade forward Chloe Melchin, sophomore defender Katelyn Stirling, sophomore defender Maggie Dineen, sophomore defender Abigail Newton, sophomore forward Angel Bresnahan, junior forward Orla O'Driscoll and senior goalie Emma Ford.



MAGGIE LYNCH, a sophomore at Quincy High School, scored six goals in Quincy-North Quincy's 14-8 win over Scituate Feb. 4 reaching 100 career points. Lynch is the fifth player in program history to hit the century mark in points. The prolific Lynch also scored six goals with one assist in QNG's 8-3 win Feb. 6 against East Bridgewater/West Bridgewater. Her season totals: 35 goals, 13 assists for 48 points in 12 games.

Photo Courtesy Jeff Craig

QNG Enjoying Success With Emma Ford In Net

By TOM JOYCE

At one point, it looked like the Quincy/North Quincy High girls' hockey team might have had to cancel their season due to a lack of a goaltender.

Now the lone senior on the team, starting goalie and captain Emma Ford helped the team to a 9-2-1 regular season finish in just her third season ever playing hockey.

Ford's career began at

the start of the 2018-2019 season. Just a couple of days into the season, the team lost the player who was supposed to be their starting goaltender. The girl, who coach Jeff Craig had been training, told him that she didn't want to play hockey.

"I was standing around the ice with the team and said, 'we're not gonna have a season, I need two athletes,'" Craig said. "The

next day they bring these two kids who never played before, and away we went. To have two kids who just started playing goalie on a team that's second place in our league, it's pretty cool."

The two girls his team brought to practice were senior Maggie Tierney and sophomore Emma Ford. Tierney was the team's starting goalie for essentially the entire season. She got hurt and missed the final two games of the regular season, however, and Ford started the final two games of the year. That included a 5-5 tie against Weymouth in

the last game of the year.

It was a performance that impressed Craig from someone who had never played the sport before.

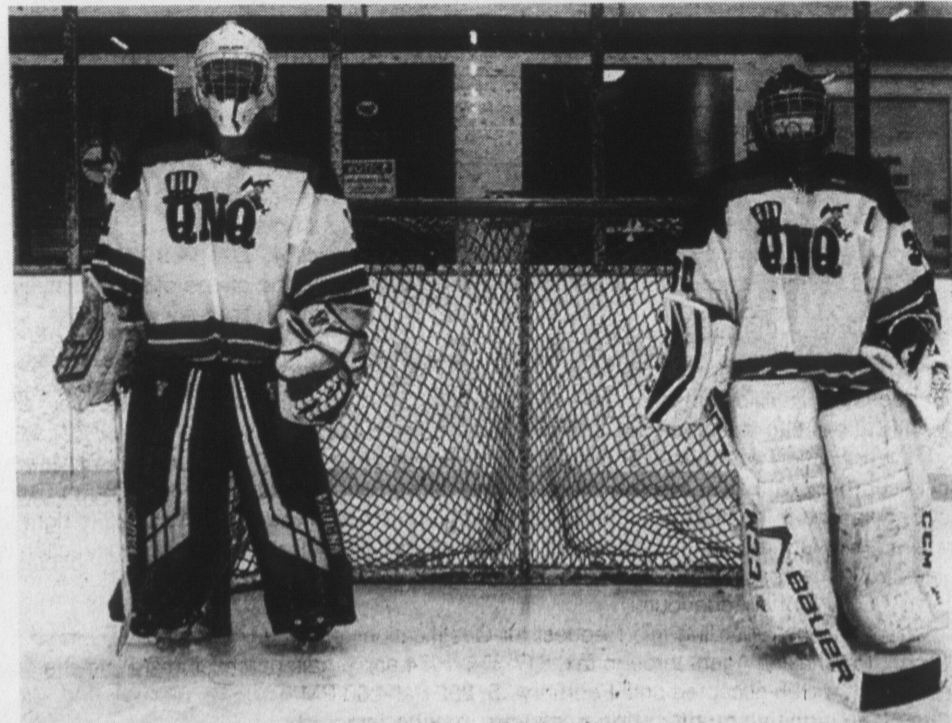
"It's crazy," he said. "For somebody who played hockey their whole life, if I tried to play goalie, pucks would be going flying by me left and right. To actually have a competitive game, it's night and day. It's fun to compete and you need a goalie to do it or you can't."

Then as a junior in the 2019-2020 season, Ford started the season off as the team's starting goaltender. She had improved with

experience, but ended up missing much of the season after Connor Kulig, a senior on the North Quincy boys' hockey team at the time, suffered a bad injury and was hospitalized for weeks as a result. Ford spent her time at the hospital with her boyfriend Kulig and missed several games. As a result, Hailey Concannon, a freshman at the time and another first-year goaltender, built some experience making starts in net when Ford was not available.

"It was obviously a real tough year for Emma,"

Cont'd On Page 21



QUINCY-NORTH QUINCY girls hockey goalies Hailey Concannon (left) and Emma Ford (right). Concannon is a sophomore at Quincy High School and Ford is a senior captain at North Quincy High School.

Photos Courtesy Jeff Craig

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, February 11
5:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, February 12
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Boys Hockey '13

Saturday, February 13
12:00pm: AM Quincy: Lunar New Year
1:00pm: The Call

Sunday, February 14
10:00am: Bethany Congregational Church
11:00am: LIVE: QARI Lunar New Year

Monday, February 15
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Boys Basketball '06

Tuesday, February 16
7:00pm: AM Quincy: Mayor Thomas Koch
7:30pm: Quincy in Focus

Wednesday, February 17
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, February 11
6:00pm: At Your Library: February Happenings
6:35pm: The New Normal New England Road Trip
8:00pm: City Council Incl. Pub Hear/Ord Comm 2/8

Friday, February 12
8:30pm: In the Now: Norfolk County Sheriff

Saturday/Sunday, January 13/14
10:00am: Good Deeds: Registry of Deeds
12:00pm: City Council Incl. Pub Hear/Ord Comm 2/8
4:00pm: Board of License Commissioners 2/9
5:00pm: Zoning Board of Appeals 2/9
7:00pm: City Council Incl. Pub Hear/Ord Comm 2/8

Monday, February 15
1:00pm: Sizzling Hot Jazz Series: Satuit Band
7:00pm: Good Deeds: Registry of Deeds
8:00pm: On the Agenda: Urban Redevelopment, Wollaston Center

Tuesday, February 16
1:30pm: Cooking As Selfcare

Wednesday, February 17
9:00am: Tai Chi with Vince Journales
1:30pm: Meet the Artist

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

F
E
B

1
1

2
0
2
1

QNTQ Enjoying Success With Emma Ford In Net

Cont'd From Page 20

Craig said. "Even when she came back, she wasn't in the right state of mind, and obviously she missed a lot of time, so even that was a lost year. She's basically having one full season when you think of the amount of total games she's played. To see what both the goalies are doing, it's pretty incredible. And it gives us a chance to compete and beat these teams, so it's good."

Now this season was Ford's first full one as the QNTQ starting goalie, although the team is able to use Concannon in net as well.

With the success that QNTQ has had thus far, Craig said he is impressed with how his goalies have fared and said they have made the team's success possible.

"I tell people I've coached hockey for 20 years and I know more about the goalie position now than I do about actual hockey," he said. "A lot of teams have goalie coaches, but I had to

do a lot of research to get these kids ready quick two years ago.

"She didn't even play hockey," he added of Ford. "She's won a couple of big games for us this year. It's really cool after what we went through of the past two years to beat a team 5-2 or tie a team 3-3. We've kept the scores down. From where's she come in basically two years, it's incredible."

And although Ford will be gone from the team after this season, Craig feels good about having Concannon as the team's primary goalie in the future as well.

"She had only played a little hockey," he said. "I asked her what she thought about playing goalie and told her I had the equipment and we could train her. I know her dad too. It's the best thing that could've happened. We'll be set for the next couple of years. I'm sure we'll have to train a backup, but still. It's great to have both of them."

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Mind of Christ" (I Cor 2:15-16). Reader will be Gary Mahn.

Online dial-in/web meet-

ing weekly schedule:

- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m. Community Group Meeting - Gospel of John
- Thursday, 6:30 p.m. Bible Class - Epistle of Paul to Romans
- Friday, 11 a.m. Prayer Group Meeting

For those who want to

go to church and attend the Sunday service, make an advance reservation each week by calling 617-472-0824 - look for Lewann Mina, church administrator.

For online Sunday worship service, go to the church website: www.first-baptistchurchofwollaston.org/ for the conference call number.

Raymond Stockless, 85

Raymond Stockless of Quincy died peacefully Feb. 3 after a courageous battle with lung cancer. He was 85 years old.

Born Aug. 9, 1935, he was the son of the late Joseph and Josephine Stockless and brother of the late Donald Stockless. He graduated from Dorchester High School in 1953.

He is survived by his beloved wife of 62 years, Judith, and his four sons, Joseph & Toby, Jim & Sheryl, Peter & Trish, David & Tricia, and 12 wonderful grandchildren.

Mr. Stockless served in the National Guard from 1958 to 1964. He was a proud member of Local 103 IBEW. He volunteered for the Friends of Wollaston Beach, the USS Salem and the Kennedy Institute. He

OBITUARIES

George F. Cavanaugh, Jr., 87

A funeral service for George Francis Cavanaugh, Jr., 87, of Sandwich, formerly of Quincy, was held Tuesday in Nickerson-Bourne Funeral Home, Sandwich.

Mr. Cavanaugh died Feb. 3 after battling a long illness.

He was the loving husband of 64 years to Diane E. (Coolbrith) Cavanaugh.

Mr. Cavanaugh was born and raised in Boston, the son of the late George Francis and Mary (Belmore) Cavanaugh. He lived in Quincy before moving to Sandwich 25 years ago.

He was a proud veteran of the U.S. Army and graduate of Northeastern University. Before his retirement, Mr. Cavanaugh was a project manager for construction companies in the Boston area.

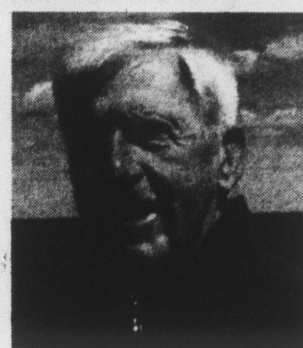
He was a devoted husband and father. He enjoyed fishing, snowmobiling and

boating.

Mr. Cavanaugh is predeceased by his brother Jack. In addition to his wife Diane, he is survived by his daughter Susan M. Hannon (husband Peter) of Middleboro, MA; Mark Cavanaugh (wife Claire) of Braintree, MA and David Cavanaugh (wife Stacy) of Petal, MS. He is also survived by his grandchildren Julie C. Ellis (husband Pat); Billy Cavanaugh; Eddie Swindoll (wife Jennifer) and Abby Swindoll Allen (husband Ian) and 3 great-grandchildren.

Interment at Massachusetts National Cemetery, Bourne.

Memorial donations may be made to Royal Megansett Nursing Home, 209 County Rd., North Falmouth, MA 02556 attn.: Achante or to Fidelis Hospice, 25 Railroad Sq., Ste. 501, Haverhill, MA 01832.



RAYMOND STOCKLESS attended the OLLI Program at UMass Boston for 20 years. He loved his family, music, theatre, literature, and learning.

Private funeral service at Keohane Funeral Home, 785 Hancock St., Quincy.

His ashes will be scattered at Forest Hills Cemetery at a later date.

Memorial donations may be made to the Epilepsy Foundation or a charity of choice.

More Obituaries On Pages 22-25

Quincy Point Congregational Church

your smartphone, notebook, computer or on cable by telling your remote to watch "Quincy Point Congregational Church on YouTube." The service also airs every Wednesday at 6 p.m. on QATV.

Lent starts Feb 17. The day before on Mardi gras there will be online zoom games from 7 to 8 p.m. and jambalaya meals to benefit ISS. The meals are free but a suggested donation to

Interfaith Social Services is suggested. Sign up by Feb. 12 for either on the church's social media or call 617-773-6424. Also sign up for our Lenten kits which are a compilation of readings, crafts, reflection questions - based on our upcoming Lenten series, Holy Vessels. In the meantime, save a glass jar.

Ash Wednesday is on Feb. 17 and Rev. Kim will be distributing "Ashes to

Go" from 7 to 8 a.m. and 10 to 11 a.m. in the QPCC parking lot, 444 Washington Street (weather permitting). Social Distancing protocols will be followed; stay in your car and wear your masks.

The Ash Wednesday Holy Communion service will broadcast on the Quincy Point Congregational Church YouTube channel at 7 p.m. Don't forget your bread and juice.

REQUEST FOR QUALIFICATIONS (RFQ)

CITY OF QUINCY, MASSACHUSETTS
Public Buildings Department

Thomas P. Koch, Mayor
Paul J. Hines, Public Buildings Commissioner

Request for Qualifications (RFQ)

In accordance with M.G.L. Chapter 149A, The City of Quincy, Massachusetts requests Qualification Statements from firms interested in being Pre-Qualified as Construction Manager-at-Risk (CMAR) on the proposed Public Safety Headquarters building at 1 Sea Street, Quincy, MA 02169. Responses from eligible Firms will be used to prequalify the firms to participate in response to a Request for Proposals that will be issued by the City at a later date. This project incorporates the requirements set forth in M.G.L. Chapter 149A. Respondent Firms must have experience with CMAR projects as defined in M.G.L. Ch 149a. Price will be negotiated at a later stage as part of the two step CMAR selection process.

Statement of Qualifications will be received at the office of the Purchasing Department, City Hall, 1305 Hancock Street, Quincy, MA 02169 until **March 4, 2021 @ 2:00 pm**.

Copies of the Request for Qualifications will be available in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169 between the hours of 8:30AM and 4:30 PM or on-line at the City of Quincy's Website, www.quincyma.gov

The City shall determine the selected Proposer(s) and reserves the right to withdraw the Request for Qualifications; to reject any and all qualifications packages; and to select any qualifications packages deemed to be in the best interest of the City of Quincy.

The selection and award of potential Contract shall be in full compliance with Massachusetts General Laws, Chapter 149a, as last revised, all Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity. The City reserves the right to waive any informality in or to reject any or all qualification packages when such an action is deemed in the best interests of the City. The City of Quincy reserves the sole right to amend this RFQ by formal Addendum.

All questions regarding this Request for Qualifications should be directed to Kathryn R. Logan, Purchasing Agent through fax: 617-376-1074 and email: purchasing@quincyma.gov Questions will be accepted until February 25, 2021 at 4:00 PM.

Non-responsive qualification packages may be rejected.

Thomas P. Koch
Mayor
2/11/21

Paul J. Hines
Commissioner, Public Buildings Dept.

Kathryn R. Logan
Chief Procurement Officer

QARI

presents

Lunar New Year Festival

VIRTUAL EVENT

Sunday, Feb 14 2021

11:00 am - 12:30 pm

Live Stream on www.qariusa.org

DIAMOND SPONSORS

PRESENTING SPONSOR

DIAMOND SPONSORS

JADE SPONSORS

COMMUNITY PARTNERS

OBITUARIES

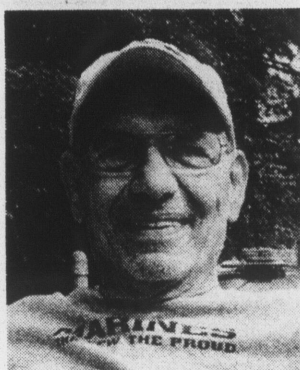
Leo N. Shamshak, 82

Leo N. Shamshak, 82, of Quincy, formerly of Dorchester, died peacefully Feb. 1 at Advinia Care in Wilmington.

Born in Boston on May 19, 1938, he was a son of the late George and Alice (Clements) Shamshak. Mr. Shamshak attended local schools and graduated from English High School. After graduation, he enlisted into the United States Marine Corps and proudly served his country.

Following his honorable discharge, Mr. Shamshak owned and operated food establishments throughout the Greater Boston area. He enjoyed his work and the relationships he built throughout the years. Mr. Shamshak retired in 2014 to spend more time with his family and friends.

Mr. Shamshak was the beloved husband of Carol (Zukowski) Shamshak, with whom he shared 63 loving years of marriage. He was the devoted father of the late Allan Shamshak, the late Carolyn Shamshak, Allison Cole and her spouse Paul of Quincy, Thomas Shamshak and his spouse Patrice of Braintree, Richard Shamshak and his spouse Joanne of Dorchester and Stefanie Roche and her spouse Wil-



LEO N. SHAMSHAK

liam of Braintree. Mr. Shamshak was the loving grandfather of twelve and the loving great-grandfather of six. He was the dear brother of Clarence Shamshak of Ohio and preceded in death by his siblings George, Diane, Nelly and Samuel. He is also survived by many loving nieces, nephews, extended family and friends.

Visiting hours were 4 to 8 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Shamshak's funeral Mass will be celebrated privately at St. Francis of Assisi Church, Braintree.

Following cremation, he will be interred with military honors in Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the New England Center for Homeless Veterans, 17 Court St., 9th Floor, Boston, MA 02108.

Robert E. Tracey, 94

A funeral Mass for Robert E. Tracey, of North Quincy, was celebrated Feb. 5 at the Divine Mercy Parish in the Sacred Heart Church, 386 Hancock St., North Quincy.

Mr. Tracey passed away peacefully Jan. 29. He was 94 years old and a homeowner on Wilson Avenue in the Montclair neighborhood for 65 years.

Born in Boston on Aug. 14, 1926, he was the son of the late Daniel and Ethel (McDonald) Tracey. He graduated from Mechanical Arts High School in Boston. At age 17, Robert enlisted into the U.S. Navy and proudly served his country during World War II.

After his military service, he worked as a boiler maker, welder and pipe fitter for several outfits in the Boston area. Robert apprenticed and became a proud member of the Local 17 Sheet Metal Union, where he remained for the duration of his career. He was a skilled tin-knocker who worked on many of the largest buildings in the Boston area before retiring after 40 years of service.

Mr. Tracey was the beloved husband of the late Helen J. (Brennan) Tracey, who passed in May 2020. Together they shared 69 years of marriage. He was pre-deceased by his siblings, Violet Receptuto, Richard Tracey, Ruth Torrey, Mildred Murray and Edward Tracey. He was the devoted father of Ethel Conroy (late husband Frank), Michael Tracey (Joyce), Stephen Tracey, Maureen Martinello (Joseph) and Timothy Tracey (Kate). Mr. Tracey was the loving Grampy of Alison, Jennifer, Ryan and Kyle as well as great-Grampy to Ben and Ella. He is also survived by many nieces, nephews, and extended family and friends.

Family was the most important part of Robert's life.



ROBERT E. TRACEY

His wife, children, grandchildren and great grandchildren gave him much enjoyment. He was the rock that held the family together; an amazing man loved by all who will be sadly missed.

For years Mr. Tracey participated in a candlepin bowling league and once rolled a score of 186, earning a walk-on appearance on live TV to accept a trophy and sizable check from Don Gillis, host of Channel 5's Candlepin Bowling, a show that ran on Saturday at noon. He never missed that show.

Every summer, he packed up the family for a Cape Cod vacation. He also enjoyed growing Morning Glories, Dahlias, and tomatoes in the backyard, as well as golfing on weekends and family barbecues. Ice skating and swimming were favorite activities as well. Boston sports and BC football were important and his favorite players were Jimmy Foxx, Bobby Orr, Larry Bird, Tom Brady and Doug Flutie.

Mr. Tracey was a man of great faith and a communicant of Sacred Heart Church in North Quincy.

Interment and Navy military honors in Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Sacred Heart Church, 386 Hancock St., Quincy, MA 02171.

Charlotte D. Echelle

Charlotte Deborah "Debbie" (Nord) Echelle of Quincy died Feb. 3.

Mrs. Echelle adored her family, especially her grandchildren. She retired from the City of Quincy as a bus monitor for children with special needs. She loved going on car rides to the ocean and being at the beach, whether it be Nantasket or down the Cape, and riding on the motorcycle with her husband.

Mrs. Echelle always put everyone before herself and was a caring and selfless person. She will be greatly missed by all who knew her.

Loving daughter of the late Hilmer and Florence Nord. Beloved wife of Mel G. Echelle of Quincy. Cherished mother of Shawn Echelle and his wife Crystal of Braintree, Amy Drinkwater and her husband Kenneth of Quincy, Joshua Echelle and his wife Christina of Bridgewater, and Aaron Echelle of



CHARLOTTE D. ECHELLE

Quincy. Devoted "Grammy" to Abigail, Emma, Wyatt, Maximous, Lukas, Silas, and Jasper. Predeceased by her three siblings and survived by many nieces, nephews, and dear friends.

Visiting hours are 2 to 4 p.m. Saturday in Keohane Funeral Home, 785 Hancock St., Quincy, followed by a private service.

Memorial donations may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

Mary Beth Kabat

A funeral Mass for Mary Beth Kabat of Quincy will be celebrated Saturday, Feb. 13 at 10 a.m. in Saint Joseph's Church, 550 Washington St., Quincy.

Mary Beth finally wore out her generous heart, dying peacefully Jan. 30 surrounded by her loving family.

She is survived by her daughter, Stacey Kabat and husband Stan Grossfeld of Scituate, and son, Chuck Kabat and his wife Heather McLoughlin of Dedham. She will be missed by her five grandchildren, Delaney Kabat, Samuel Grossfeld, Harrison Kabat, Jared Duane and Zoë Grossfeld. Her sister, Judy Kimberly of Bloomfield Hills, Mich., also survives her.

Mary Beth was born in Detroit in 1936. Raised by Theodore and Mary (Scanlon) Kimberly, she was one of eight children and the only one to attend college, earning a degree in special education from Michigan State University in 1959. She was a community activist for Project Friendship, which built racial equity in inner city Detroit.

Mary Beth also taught sight-impaired children and later volunteered as a Girl Scout leader in Attleboro, where she led a community-wide coalition to rescue the town's Scout House from economic peril. The Anderson Scout House thrives today, an endearing legacy to her dedication to youth. In



MARY BETH KABAT

her encore career, she filled the role of Mary Poppins as a nanny for several Boston-area families, a rewarding endeavor that led to lasting relationships across generations.

Years of teaching young people built a foundation for the love and guidance she showed her grandchildren. She was the seat-saver at youth sports, leader of applause at holiday concerts, and provider of wisdom that will be appreciated for decades. Mary Beth's boundless energy will live on in the hearts of many, in cribbage matches, games of Phantom and her famous holiday mustard.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the Anderson House, c/o Kathy O'Brien, 100 Richie Rd., Attleboro, MA 02703 or DOVE of Quincy at www.dovema.org/donate.

Honor Your Loved One's Memory With Flowers

cliffords.com

1.800.441.8884

DOLAN FUNERAL SERVICES

"Caring for your life's journey"

- ◆ Funerals
- ◆ Cremations
- ◆ Pre-Arrangements

Service times and directions at:
www.dolanfuneral.com

THE DOLAN FAMILY 1140 WASHINGTON STREET DORCHESTER, MA 02124 (617) 298-8011

W. Craig Paul F. Frederick J. Courtney 460 GRANITE AVENUE MILTON, MA 02186 (617) 698-6264

In Loving Memory

On Your 12th Anniversary

February 10, 2009

Peggy Leary

Missed and loved so much by

Jack, Jack & Pattie, Ed & Simone,

Meg & Chris, Tricia & Brian

& grandchildren

More Obituaries online at
www.TheQuincySun.com

FEB

11

2021

Donald J. Murphy, 77

A funeral Mass for Donald J. Murphy, 77, of Quincy, was celebrated Monday in Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Murphy died peacefully Feb. 3, surrounded by his loving family.

Devoted son of the late Catherine & John J. Murphy. Survived by Maureen (Molly), his beloved wife of 54 years, children Michael and his wife Aileen of Newton, David and his wife Amy of Quincy, and Jessica Colantonio and her husband Matthew of Quincy. Mr. Murphy was a devoted Papa to his nine adoring grandchildren: Myles, Jackson, Joseph, Michael, Grant, Sophia, Molly, Lilah and Cash. Cherished brother of Maureen Herman and her husband Richard of Nantucket, Mary Murphy and her husband Jim Buggie of Jamaica Plain, Walter Murphy and his wife Kathy of Wareham, Ann Murphy of Quincy, John Murphy of Quincy, and Joan Miani and her husband Tom of Methuen. He is also survived by many loving



DONALD J. MURPHY

nieces, nephews, extended family and friends.

Born and raised in East Boston, Mr. Murphy graduated from Sacred Heart High School, Northeastern University and earned an MBA from Boston University. He was a long-term parishioner of Sacred Heart Church in North Quincy, where he taught CCD for 25 years. Mr. Murphy also volunteered for many years for the St. Vincent de Paul Society, Community Tax Assistance, Quincy Youth Baseball, and the Board of Directors for Amego, Inc.

In his retirement years, he loved nothing more than spending time with his nine grandchildren, playing with

them and attending their concerts, games, recitals, art shows, graduations, and anything else that might arise. He had a special bond with each and every one of them.

Don and Molly also enjoyed traveling to Siesta Key, Florida in their retirement. He also spent quality time with his brothers, sons, grandchildren, and friends on the golf course.

Mr. Murphy's other great passion was drum and bugle corps. He started marching with the Assumption Cadets in 1954 and was playing his trumpet until 2018 with the Princemen, Renegades, St. Kevin's Emerald Knights, and the Hawthorne Caballeros.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to My Brother's Keeper, PO Box 338, Easton, MA 02356 or mybrotherskeeper.org/donate/.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

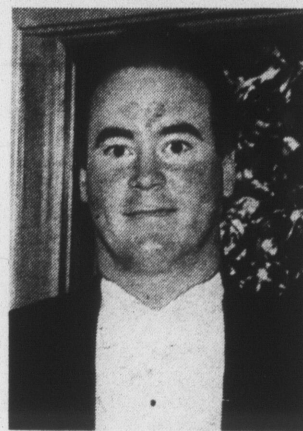
Paul J. McGrath, 58

A funeral Mass for Paul J. McGrath, age 58, of Braintree, formerly of North Quincy, was privately celebrated Feb. 6 in St. Francis of Assisi Church, Braintree.

Mr. McGrath died unexpectedly Jan. 31.

Born in Boston, he grew up in Quincy and graduated from Archbishop Williams High School. He later went on to attend West Point and UMass Boston.

For the last 35 years, Mr. McGrath worked as a network analyst at State Street Bank in Quincy and Boston. In his free time, he had a passion for sports and all the Boston sports teams. He enjoyed playing football, hockey, as well as track and field (shot put) in high school. He also was a regular at many sports events of



PAUL J. McGRATH

his kids.

Spending time with his family and friends is what brought him the most joy. A devoted husband, father, son, brother and friend, Mr. McGrath will be sorely missed by all who were blessed to have known him.

He is survived by his beloved wife, Jean M.

(Houten) McGrath. Loving father of Matthew P. McGrath and Bridgette V. McGrath both of Braintree. Dear son of Gerald E. McGrath of Lexington and the late Virginia (Dunn) McGrath. Devoted brother of Gerald E. McGrath and his wife Karin of NC, Michael F. McGrath and his wife Nikki of NM, Kevin J. McGrath of Quincy and the late Timothy J. McGrath. Also survived by many aunts, uncles, nieces, nephews, cousins and friends.

Private interment.

Memorial donations may be made to Work Inc., 25 Beach St., Dorchester, MA 02122.

Funeral arrangements were made by Cartwright-Venuti Funeral Home, Braintree.

Paul R. Barry, Sr., 72

Funeral services for Paul R. Barry, Sr., age 72, of Weymouth, were private.

Mr. Barry died Feb. 1.

He was born in Boston to the late Leonard and Dorothy Barry. He grew up in Quincy and attended Norfolk Agricultural High School. Mr. Barry was proud to have served in the United States Marine Corps and worked for many years as an elevator constructor for the IUEC Local 4.

He was well regarded for his ability to fix anything, and upon retirement, had his own small engine repair business. Mr. Barry enjoyed riding his motorcycle, watching football and spending time with his family and many friends.

Loving father of Nikki Barry of Stoneham and Paul



PAUL R. BARRY, SR.

R. Barry Jr. and his wife Karen of Kingston. Dear brother of Susan Barry of Reading, Sharon Scarlata and Joe of Billerica, Gail Barry of CA, Lisa Pimentel of Billerica, Mark Barry of Norwood and the late Patricia Ryan of Woburn. Proud grandfather of Roman, Mason, Lyla and Cooper. He is also survived by many nieces and nephews.

Memorial donations may be made to the Semper Fi Fund at semperfund.org.

Funeral arrangements were made by McDonald Keohane Funeral Home, South Weymouth.

Richard D. 'Archie' Shaw, 96

Richard D. "Archie" Shaw, 96, of Houghs Neck, died peacefully in his sleep in the early morning hours of Jan. 27.

He was the devoted husband of 53 years to the late Yvette T. "Ma Shaw" (Cote) who passed away May 7, 2007. The two were married March 27, 1954.

Archie, as he was affectionately known, was the last surviving of 10 children, all sons, born to the late Harold C. and Dorothy (Home) Shaw. He proudly served his country with honor in the U.S. Navy during World War II and was discharged with the rank PM3c on Jan. 24, 1945.

Mr. Shaw worked for many years as the Dry Dock Master with Boston Ship Repair, previously working at the Fore River shipyard. He also worked at the Quincy Adams Yacht Yard and Charlestown Navy Yard, where he took great pride in helping to restore "Old Ironsides." the USS Consti-



RICHARD D. SHAW

tution.

He was a member of American Legion Post 380, Houghs Neck and volunteered at the USS Salem for many years. Mr. Shaw was also a talented woodworker, making lighthouses, wishing wells and many jewelry boxes over the years which family and friends will long treasure. He particularly enjoyed taking vacations cross country with his bride, driving themselves to many destinations across the US. They would take Route 66, their favorite route, whenever possible.

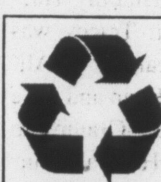
Loving father of Yvette

Grady and her husband Tom of Houghs Neck, Dorothy Morrocco and her husband Mark of Hanson, Karen Grillo and her husband John, Gary R. Shaw and Michael H. Shaw, all of Houghs Neck. Father of the late Tracy Shaw and Richard D. Shaw. Father-in-law of Brenda Shaw of Covington, VA. He was the cherished grandfather of 15 and great-grandfather of 13, and is also survived by many nieces, nephews and extended family.

A funeral service for Mr. Shaw was held Feb. 6 at the Tirrell Room, 254 Quarry St., Quincy. The Rev. Steve Vandergrift, Pastor of Houghs Neck Congregational Church, officiated.

Military Honors and burial followed at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by the Hamel-Lydon Chapel and Cremation Service of Mass., Quincy.



PLEASE RECYCLE
THIS NEWSPAPER

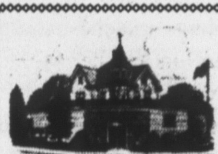


Doreen C. Barrett

Happy Heavenly
Birthday &
Valentine's Day.

We miss and love
you every day.

Lovingly remembered
by your family



Over 70 Years Of
Personalized Service

SWEENEY BROTHERS

Home for Funerals, Inc.

RICHARD T. SWEENEY, JR.

FRANCIS M. SWEENEY • RICHARD T. SWEENEY III

1 INDEPENDENCE AVENUE

QUINCY, MASSACHUSETTS 02169

(617) 472-6344 • www.thesweeneybrothers.com



HAMEL-LYDON CHAPEL

& CREMATION SERVICE OF MASSACHUSETTS

Pre-Planning • Funerals • Cremations

Family Owned and Operated Funeral Home

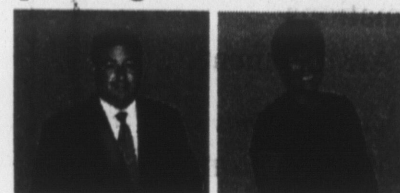
Compassionate and Attentive Staff

Fully Personalized Funeral Services

Premium Quality Caskets, Vaults & Urns

Various Cremation Plans

Pre-planning Funeral Consultations



DIRECTORS

Christopher P. Goulet, Sr. & Michelle A. Lydon

(617) 472-5888

650 Hancock Street, Quincy, MA 02170 • HamelLydon.com

OBITUARIES

Francis A. Doyle, Jr., 75

A funeral Mass for Francis "Frank" A. Doyle Jr., age 75, retired Boston Fire Department, will be celebrated Friday at 10 a.m. in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mr. Doyle died peacefully Feb. 5 at home surrounded by his loving family after a brief but courageous battle with illness.

He is survived by his beloved wife Kathy of 39 years, son Frank Doyle and his wife Stacey Lauren, daughter Michelle Callahan and her husband Timothy, and son Ryan Doyle. Brother of Adrian Doyle, Barbara Hannah, Sandra Thistle, Gary Doyle, Ronny Doyle and the late Daniel Doyle. He is also survived by grandchildren Brittany, Carly, Jordyn, Shane, Taylor and Amanda, and great grandchildren Madison and Holden, along with many nephews, nieces, and cousins.

Mr. Doyle was truly large



FRANCIS A. DOYLE, JR.

than life. His good humor meant you could always count on him to crack a joke. His love of life and music is something that everyone he met experienced. Throughout this pandemic, Mr. Doyle kept his family and friends together rocking out virtually with his Time Out Tours, so everyone was able to enjoy good music. His grandkids adored watching him sing his heart out, and his family was brought together in a safe way, while also taking a time out from 2020. Mr. Doyle loved being on stage and was a true entertainer.

He loved spending time with his family in Florida and Maine. The times they had in West Palm Beach were something to be envious of, because it was clear they always had a great time.

He had a deep passion and love for his country, and nothing was more important to him than his family.

Mr. Doyle's absence is something that will be felt everyday in the hearts of everyone who knew him. His loss hurts, but he would for sure want to be celebrated.

Visiting hours are 4 to 8 p.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held Friday at 9:15 a.m. in the funeral home.

Private interment.

Memorial donations may be made to Massachusetts General Hospital, Cancer Center, 55 Fruit St., Boston, MA 02114.

Barbara A. Cheney



BARBARA A. CHENEY

A funeral Mass for Barbara Ann Cheney was celebrated Wednesday at Most Blessed Sacrament Church, Quincy.

Mrs. Cheney was born June 4, 1928, in Dorchester and died Feb. 5 at age 92. She passed away peacefully in her home, with her adoring children by her side.

She was the devoted wife of 70 years to the late, beloved Thomas F. Cheney and loving mother of Joseph and his wife Ann of Kissimmee, Florida, Michael of Quincy, Mary and husband Dan O'Neill of Stoughton, Maureen and her husband Rob Giffin of Surry, Maine, Kathleen of Quincy, Barbara and her husband Scott Brodeur of Northampton, Diane and her husband Stephen Bird of Hopkinton and her late son Thomas Jr. She was the proud grandmother of 15 grandchildren and 24 great-grandchildren.

Mrs. Cheney was the sister to Mary Jepsen and husband Robert Jepsen of Dorchester, Patricia Troy and husband William Troy of Tewksbury and Charles Sim and wife Gail Sim of Pembroke.

Daughter of the late Gordon and Mary Sim, she grew up in Dorchester where she attended Dorchester High School for Girls. Barbara married the love of her life, Tom, after he returned from serving in the United States Marines in World War II.

Mrs. Cheney committed her life to nurturing and enjoying her beautiful family. She devoted her endless energy to being a wife and a mother, raising seven children with her husband, Tom. Throughout her life, Mrs. Cheney built memories for her family, especially with her siblings and numerous nieces and nephews. She and her siblings organized family adventures around camping, skiing, white-water rafting, snorkeling and sailing. Holidays and special events were jam-packed with fun and ex-

citement. You could always count on a warm welcome from Mrs. Cheney whether you were a member of the extended family or someone just along for the ride.

She is known for her work with the elderly and children. Mrs. Cheney was the first site manager of the nutrition program for senior citizens at the Murphy Community School. She coached girls basketball, taught swimming and aerobics at the YMCA and coordinated youth tournaments and community fundraising events. Mrs. Cheney was the first president of the Murphy Community School Council and was appointed to the Boston Finance Commission, where she was the chairperson.

Mrs. Cheney spent endless hours as a volunteer, helping others. She worked in the Read to Me Literacy Program for elementary school students, and she gave swimming lessons to children with special needs. She served for many years as a Eucharistic minister and helped out with First Night Quincy. She also volunteered on numerous political campaigns for everyone from Michael Dukakis, Raymond Flynn and Paul White as well as her own son Michael Cheney, a longtime member and president of the Quincy City Council.

As her children grew up, Mrs. Cheney pursued her passion for travel, first as a travel agent, then with a regional airline and finally at Continental Airlines, where she worked for 15 years. This allowed her to travel

all over the world, bringing her husband, children and grandchildren on many trips. In her high school yearbook, Mrs. Cheney said she wanted "to see the world." She more than lived up to that ambition.

Barbara and Tom's children kept a map of the world in their Quincy basement. Their children placed pins in the map, representing all the places Mrs. Cheney had visited. There were too many pins to count. Despite the many and exotic locations Mrs. Cheney was able to visit — often dragging her husband to places he would have rather skipped — she had the most fun traveling with as many family members as she could coax to join them — often cramming way too many people into one hotel room.

Her family knew her as someone who could always put a smile on your face. If you were a crying child in church, she was your lollipop dispenser. If you were one of her great-grandchildren, you were always offered a cuddle and a cascade of kisses — as well as some ice cream.

She was a super-fan at all of her grandchildren's sporting events. Not only would she be early to every game so she and Tom could get the best seats, but her cheers were always the loudest and stood out from the pack. She was also the first one to give you a post-game hug, whether you won or lost.

For her children, she was a comedian, a babysitter, a best friend and an inspiration. Not only did she teach the value of kindness, community and service, but she taught the value of what it meant to be a part of a strong and enduring family.

Mrs. Cheney was passionate about service to those in need. In lieu of flowers, please consider an act of kindness to someone in need.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home.

Thomas A. 'Tony' McNally, 89

A funeral Mass for Thomas A. "Tony" McNally, age 89, of North Quincy was celebrated Wednesday in Sacred Heart Church, Quincy.

Mr. McNally died Feb. 4.

The beloved husband of Mary (McDermott) McNally of North Quincy. Loving father of Ann McNally and Cara McNally both of North Quincy. He is predeceased by eight brothers and sisters: the late Maura Gavigan, Seamus McNally, Bridgie McNally, Anna Lynott, Pdraig McNally, Peter C. (Chris) McNally, Philomena Monahan, and Evelyn McNally. He is also survived by many nieces and nephews.

Mr. McNally was born and raised in Longford County, Ireland. He worked as a bartender in Ireland and in factories in England be-



THOMAS A. McNALLY

fore moving to the United States in 1958. His first job was working at The Massachusetts Hospital School in Canton. Mr. McNally later worked as a bartender and waiter for more than 48 years at the Wollaston Golf Club.

He enjoyed golfing, biking, running, and reading The Boston Globe daily. He

was an avid Red Sox fan. He also enjoyed being a painter and landscaper. Mr. McNally loved spending his winters in Clearwater, Florida. He was very proud of his Irish heritage and enjoyed trips back home to Ireland to see family. He will be remembered as a true gentleman, who was devoted to his family. They were the cornerstone of all that was truly important in his life. He will be sadly missed by all those who had the pleasure of knowing him.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Massachusetts General Hospital, 55 Fruit St., Boston, MA 02114.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Patricia M. Smith



PATRICIA M. SMITH

A funeral Mass for Patricia Marie (Regan) Smith of Quincy, formerly of Weymouth, was celebrated Monday in St. John the Baptist Church, Quincy.

Mrs. Smith died Jan. 28 surrounded by her loving family.

Born in Boston where she was raised and educated, she lived in Weymouth for 41 years and worked for 10 years for John Hancock Life Insurance before retiring. Mrs. Smith enjoyed traveling and cooking, especially for her family.

The beloved wife of the late Robert O. Smith, she

Adrienne Smith of Avon, and Susan Chiocchio and her husband Michael of Plymouth; dear grandmother of Kayla Hession and her fiancé Earle Miller of Middleboro and Tyler Chiocchio of Plymouth; and is also survived by her cousins Susan Moyer and Dana and David Byrne, sister-in-law Helen Smith, and several nieces and nephews.

Interment at Milton Cemetery.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Girlye M. Wilson, 85



GIRLYE M. WILSON

Girlye May Wilson, 85, died peacefully of natural causes on Feb. 1 at her home in Quincy.

She is survived by her two wonderful daughters, Audrey Jasey and Annmarie Gooden, son-in-law, Marcello Gooden, as well as her beautiful granddaughters, Mikayla Gooden and Alexa-Gail McCarthy and her husband Patrick McCarthy. She is also survived by several nieces, nephews, cousins, beloved friends, and acquaintances.

Ms. Wilson was born in Jamaica where she lived humbly with her parents and

mittees for several years. She also donated to several charities such as Boston Children's Hospital, Daily Bread Ministries, and Life Study Fellowship.

A funeral service was held privately in Central Baptist Church in Quincy.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Boston Children's Hospital Trust.

Funeral arrangements were made by Deware Funeral Home, 576 Hancock St., Quincy.

FEB

11

2021

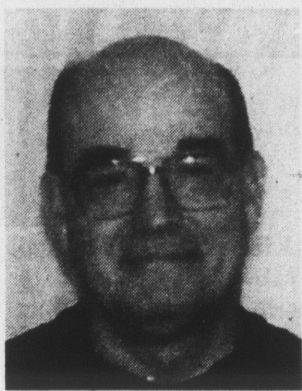
OBITUARIES

Paul Allen, 85

Paul Allen, 85, of Quincy died peacefully over the Christmas holiday, Dec. 25, at home.

He was husband to the late Jay Eleanor (Orint) Allen who passed away in 2009, brother to the late Barbara (Allen) Anderson, and loving son to the late Emma Allen of Catlettsburg, Kentucky.

Mr. Allen was born in Catlettsburg, Kentucky and attended the Catlettsburg public schools. After graduating high school, Mr. Allen proudly served in the United States Air Force for 12 years, separating with the rank of staff sergeant. After leaving the Air Force, he moved to Squantum, where



PAUL ALLEN

he spent the remainder of his life.

Mr. Allen earned his undergraduate degree from Northeastern University and graduate degrees from Northeastern and Rutgers University and worked at Shawmut bank for 25 years,

retiring as a vice president. He was an avid gardener, a long-suffering Red Sox fan, and a devoted family man.

He is survived by his son; Timothy Allen, his wife Carol and their sons Stephen and Matthew of Pembroke, MA; his daughter Nancy Wheatley, her husband Tom and their sons Joshua, Nathan and Daniel of Boiling Springs, PA. Known as Pawpaw to his grandsons, he is also survived by his sister Blanche (Allen) Malone of Catlettsburg, KY and many cousins, nieces, grandnieces, nephews, and grand-nephews.

Services were private at the family's request.

Memorial donations may be made to the American Heart Association or the Salvation Army Disaster Relief Fund.

Funeral arrangements were made by Deware Fu-

neral Home, 576 Hancock St., Quincy.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P3006EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Irene P. McMullen
Also known as:
Marie Paula Irene
Cecile Durand
Date of Death:
10/14/2020

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Joyce L. McMullen of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joyce L. McMullen of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **With Corporate Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 03/10/2021**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 3, 2021
COLLEEN M. BRIERLEY
Register of Probate

2/11/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P3120EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Barbara J. Gogan
Date of Death:
October 14, 2020

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Martha Lane of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Martha Lane of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 02/24/2021**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 22, 2021
COLLEEN M. BRIERLEY
Register of Probate

2/11/21

Rosalina G. Esguerra



ROSALINA G. ESGUERRA

A funeral Mass for Rosalina G. "Lina" (Gozo) Esguerra of Quincy was celebrated Tuesday in Sacred Heart Church, Quincy.

Mrs. Esguerra died Feb. 2.

She was born in the Philippines before moving to the United States in May of 1972. She worked as a machine operator at Gillette before retiring. She loved to cook, especially Filipino food, play bingo, and garden. She was helpful, very outgoing, caring, and always smiling.

Mrs. Esguerra was the best mom and friend to everyone. She will be greatly missed by all who knew her, especially the Bingers.

Beloved wife of the late Esmeraldo "Esmie" Esguerra. Loving mother of Wilfredo Esguerra and his wife

Raquel of Braintree, Merlie Esguerra of Quincy, Danilo Esguerra and his wife Phyu of Quincy, and Ellen Esguerra Mangaran of Waukegan, IL. Cherished sister of Ernesto Gozo of Philippines. Loving grandmother of Rachel Marie, Raphael Gilfred, and Emerald Xen-

aRose Esguerra. Also survived by many nieces and nephews.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P2867EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Barbara Helen Knox
Date of Death:
November 20, 2019

To all persons interested in the above captioned estate, by Petition of:

Petitioner **William C. Knox of Quincy, MA**, a Will has been admitted to informal probate.

William C. Knox of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

2/11/21

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P2432EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
William D. Carlson
Date of Death:
July 22, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Kristen L. Carlson of Waltham, MA**.

Kristen L. Carlson of Waltham, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

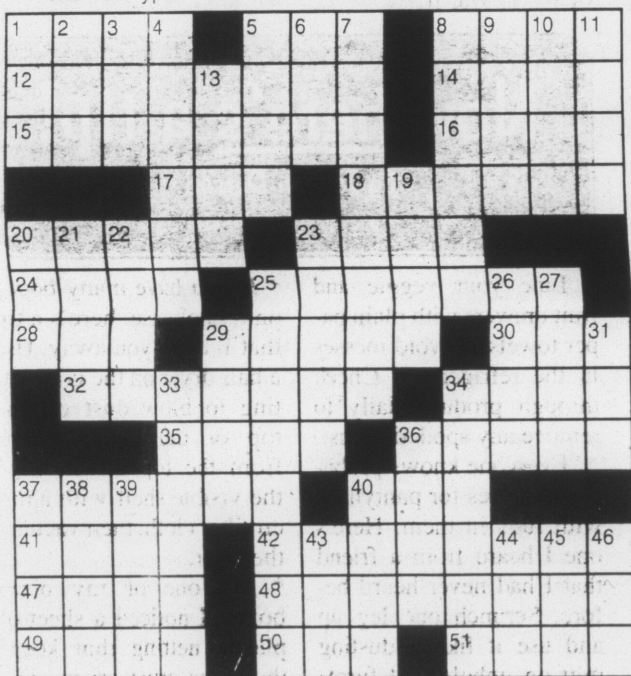
2/11/21

More Obituaries online at
www.
TheQuincySun.com

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 To boot
5 Tummy muscles
8 Writer Rice
12 Appeared suddenly
14 Earth
15 Regatta
16 Pout
17 "— a Camera"
18 Decisive moments
20 A Musketeer
23 Prejudice
24 Reddish horse
25 Lake activity
28 CCV x X
29 Pre-diploma hurdles
30 Dig in
32 Straw hats
34 Carton sealer
35 School orgs.
36 Used a sponge
37 Stir-fry veggie
40 Crony
41 Slanted type
- DOWN**
- 1 NYPD alert
2 Brit's restroom
3 Hotel amenity
4 Choice
5 Leading man?
6 Tampa Bay NFLer
7 Dishes not on the regular menu
8 Home of St. Francis
9 Entre —
10 Egyptian river
11 BPOE members
13 Historic times
- 19 "Phooey!"
20 Branch
21 Pyramid, maybe
22 Saintry ring
23 Wild pigs
25 Challah holder
26 Tide variety
27 Be slack-jawed
29 "Beetle Bailey" dog
31 Danson of "Cheers"
33 Granny Smiths
34 Mild cheese
36 Bulb measure
37 Slapstick arsenal
38 Jazzy James
39 Seniors' org.
40 Cushions
43 Flamenco cheer
44 Med. plan option
45 Not 'neath
46 Like some humor



MAGIC MAZE • COMFORT FOODS

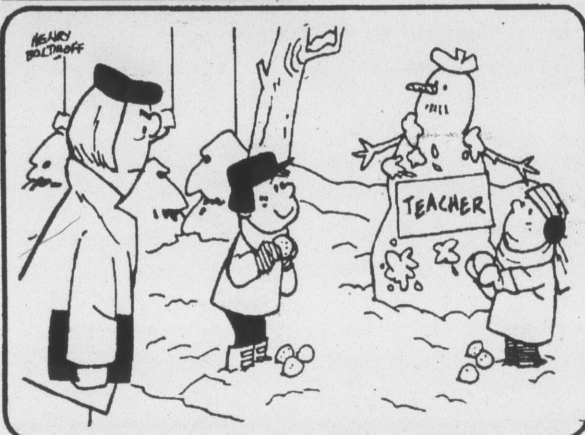
I W T R P S M K I F D B Y S F
W L U C O R N B R E A D S E A
Q O I M K D R A T S U C E L O
I F D H G B Z X E P W B U O L
M A E R C E C I O B T S Q R T
O N A Z Z I P T L S D J H E A
F V D C A E R Y A W V E T S E
Y E T A L O C O H C S Q K S M
P N L P A R E G R U B M A H
K I P S G N I L P M U D H C B
F A T S A P E C B Z Y W V U S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: BISCUITS AND

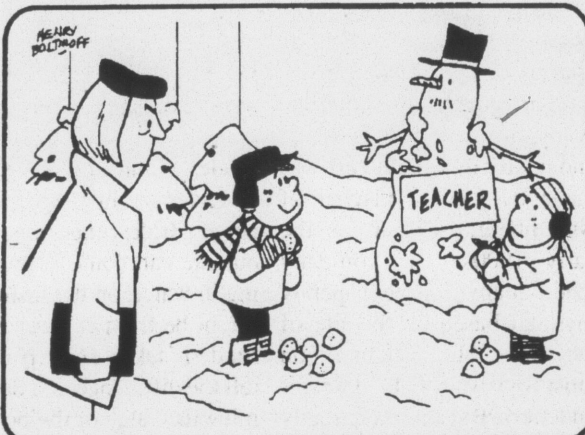
Apple pie Chocolate Hamburgers Pizza
Baked beans Cornbread Ice cream Pot roast
Casseroles Custard Meatloaf Roast beef
Chili Dumplings Pasta

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Snowman's hat is different. 2. Boy has a scarf. 3. Snowballs have been added. 4. Tree is missing. 5. Teacher's nose is different. 6. Boy is holding an apple.

Trivia test

by Fifi Rodriguez

1. ANATOMY: What is the hardest substance in the human body?
2. GEOGRAPHY: Off which U.S. state's coast is Santa Catalina Island located?
3. U.S. PRESIDENTS: Who was the first president to hold a press conference?
4. GENERAL KNOWLEDGE: How many breaths does the average human being take in one day?
5. MOVIES: Which movie featured the Seal song "Kiss From a Rose"?
6. U.S. STATES: A city in this state became the first in the world to install a parking meter?
7. ANCIENT WORLD: Before he became a philosopher, what was Socrates' profession?

8. LANGUAGE: What is the only letter that does NOT appear in any of the U.S. states' names?
9. ANIMAL KINGDOM: What is a group of giraffes called?
10. LITERATURE: Which dystopian 1950s novel was originally titled "The Fireman"?

Answers

1. Tooth enamel
2. California's
3. Woodrow Wilson, March 1913
4. About 23,000
5. "Batman Forever" (1995)
6. Oklahoma (Oklahoma City)
7. Stone mason
8. Q
9. A tower
10. "Fahrenheit 451" Ray Bradbury

(c) 2021 King Features Synd., Inc.

Wishing Well®

6 3 6 4 7 3 5 4 3 7 8 6 5
A S N C C W A H E H N E H
6 7 2 7 4 2 4 7 3 5 6 3 8
L A Y N A O R N E A O T E
2 4 5 8 4 5 8 3 6 3 6 3 5
U M P W E P J V Q I U C Y
6 8 7 8 2 4 5 6 5 3 7 2 4
E O E B S N M N A T L T H
8 6 7 5 6 8 7 3 8 7 6 8 3
C T D R I O E O U S D L R
8 7 4 5 2 5 4 6 7 4 8 7 4
D I A R A I N E R C B E E
8 6 4 7 5 8 3 8 5 2 5 8 8
E A D S A N Y E G R E A R

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

(c) 2021 King Features Syndicate, Inc.

Salome's Stars

ARIES (March 21 to April 19) Doing something nice for others is typical of the generous Arian. But be prepared for some jealous types who might try to question one of your more recent acts of kindness.

TAURUS (April 20 to May 20) You're eager to take on new responsibilities. But before you do, you might want to check out exactly what would be required of you so that you don't face any "surprises" later.

GEMINI (May 21 to June 20) It might be best to put off an important decision until a fluctuating situation becomes more stable. Recently received news could help resolve a long-standing family matter.

CANCER (June 21 to July 22) If you still have a problem getting that information gap closed, you might consider asking a higher authority to resolve the matter, leaving you free to move on to another project.

LEO (July 23 to August 22) A family matter needs to be dealt with at the start of the week. Once it's resolved, the Big Cat can devote more attention to that new opportunity that seems to hold so much potential.

VIRGO (August 23 to September 22) Pay attention to those niggling doubts. They could be warning you not to make any major decisions until you've checked them out — especially where money matters might be involved.

LIBRA (September 23 to October 22) A business venture might need more of your attention than you are able to provide. Consider asking a

trusted friend or family member to help you work through this time crunch.

SCORPIO (October 23 to November 21) A more-positive aspect helps you get a clearer focus on how to handle your time so that you can deal with several responsibilities that are just now showing up on your schedule.

SAGITTARIUS (November 22 to December 21) A very close friend (you know who that is!) has advice that could help you work through a confusing situation. So put your pride aside and ask for it. You'll be glad you did.

CAPRICORN (December 22 to January 19) A workplace situation could turn a bit tense. The best way to handle it is to confront it and deal with it openly. Doing so can help reveal the underlying reasons for the problem.

AQUARIUS (January 20 to February 18) A colleague's remarks appear to be especially cutting. But don't waste your time or your energy trying to deal with the situation. You have more important things to do.

PISCES (February 19 to March 20) Support for your work comes as a surprise from someone you thought was critical or, at least, indifferent. Your spouse or partner has big plans for the week-end.

BORN THIS WEEK: Your spiritual strength often acts as an inspiration to help others make decisions about their lives.

(c) 2021 King Features Synd., Inc.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal Q throughout the puzzle. Solution is accomplished by trial and error.

Clue: N equals B

Z ZDHQZEM VGHV H LBYXX

NMVSMME H LHEEYE HEK H

NMRR SYIRK NM KINNMM

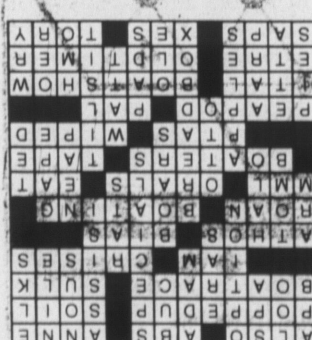
"VGM NYDYMBHEQ."

(c) 2021 King Features Synd., Inc.

King Crossword

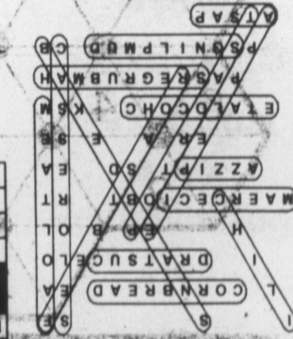
Answers

Solution time: 22 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer

the good word
bell would be dubbed
between a cannon and a
I imagine that a cross

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- "The Social Network" Oscar-winning director/screenwriter Aaron Sorkin is helming a new Amazon film about Lucy and Desi (from his screenplay). It takes place during a production meeting of "I Love Lucy" when both faced a crisis that could end their careers and marriage. Oscar-winner Cate Blanchett was first choice as Lucy, but when she bowed out, Sorkin cast Oscar-winners Nicole Kidman and Javier Bardem to play Lucy and Desi.

While everyone loves Nicole, when she took on Elizabeth Montgomery's "Bewitched" role in the 2005 film reboot (which also starred Will Farrell, Shirley MacLaine, Michael Caine and Kristin Chenoweth), it flopped, costing \$85 million while grossing just \$131 million. Written and directed by the late Nora Efron (of "When Harry Met Sally," "Sleepless in Seattle" and "You've Got Mail"), critics said "Bewitched" "was haunted by scattered laughs and a lack of direction."

Of note: Lucy was 43 and Desi 40 when they did "I Love Lucy" in 1951, and Nicole is 53 and Javier 51. Maybe for insurance, two of the executive producers Sorkin hired are Lucy's children, Lucie and Desi Arnaz.

When the pandemic is done, will movie fans return to theaters? "Earnings are down more than 80% from previous years, making this the worst year in three decades," according to the market-research firm Statista. Streaming services proved with "Roma," "The Irishman," "Trolls World Tour," "The

Invisible Man" and, just recently, "Wonder Woman 1984" that opening films on streaming services and theaters at the same time works well.

In the 1960s studios fought TV's popularity with Cinemascope, etc.; in the '90s they used IMAX and 3D. Now streaming services are offering staggering sums, such as Amazon's \$200 million bid for the Chris Pratt starrer "The Tomorrow War." Theaters need to come up with something spectacular to put the genie back in the bottle.

Two of the Jonas Brothers are having quite a competition. Nick (28) scored big with the two "Jumanji" sequels and "Midway," and he has completed the post-apocalyptic thriller "Chaos Walking," with Daisy Ridley and Tom Holland, due March 5. Nick is now shooting "The Blacksmith" with Laurence Fishburne and doing his second season as a "Voice" coach.

Joe, 31, who's done a lot of voice work, including the Kraken in "Hotel Transylvania 3," has been cast in the war film "Devotion," playing a fighter pilot. But Nick is one up, having been tapped to play Frankie Valli in the Disney remake of "The Jersey Boys," despite Clint Eastwood's 2014 "Jersey Boys" being less than a success. It's being directed by "Bohemian Rhapsody's" Graham King. No matter who wins, the whole town's talking about the Jonas boys!

(c) 2021 King Features Synd., Inc.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		27
x		+		-	
	+		x		32
-		x		x	
	-		x		25
20		30		35	

1 2 3 4 5 7 8 9 9

©2021 King Features Syndicate, Inc.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Penny Toys --- Children's toys are valuable records of what life was like in the past. From about 1880 to 1914, inexpensive, mechanical lithographed tin toys known as "penny toys" were popular and affordable in America. A toy rickshaw with a driver and a lady in a small cart was made by George Fischer of Nuremberg, Germany in the early 1900s. The company made many different penny toys, all based on the life of the times. His trademark on most toys was "G.F." in capital letters. But was there really a rickshaw powered by a man riding a bicycle?

Yes. It is thought that the first rickshaw was invented about 1869 by an American missionary to Japan who used it to transport his invalid wife. The idea became popular, and by 1872 there were about 40,000 rickshaws in use in Japan. There are many styles and names like bike taxi, pedicab, tricycle taxi and even modern electric models. Men pushed or pedaled the rickshaw because they were less expensive to hire than a horse. The driver and passenger of the Fischer rickshaw pictured here are wearing 1910 clothes, so the toy may have been made then. The price for this toy is no longer a penny; it sold for \$5,400 at a Bertoia auction.

Q: I have a J.H. Cutter bottle similar to a bottle pictured on your website that sold for over \$300 a few years ago. Mine isn't a clear amber color like the one pictured on your site, unless it's held up to the light. It has an iridescent color down one side with shades of blue-green and orange, maybe from something that was stored in it. I found it near the Boston seaport. Any information would be greatly appreciated.

STICKELERS by Terry Stickels

I have three cousins. If I multiply their ages, I get 36. If I eliminate the possibility that any cousin is 1 year old, what is the probability of getting the ages correct on the first try?

- 1) 1 in 2
- 2) 1 in 3
- 3) 1 in 4
- 4) 1 in 6

©2021 King Features Syndicate

Strange BUT TRUE

* In 2003, Rapper Pusha T wrote the famous McDonald's jingle "I'm Lovin' It," but does not own any of the publishing rights. After wisely learning from that multimillion-dollar mistake, he now owns 40% of the publishing rights for the "We have the meats" campaign from Arby's.

* After he seized power in Cuba, Fidel Castro banned the board game Monopoly and ordered every set to be destroyed.

* Researchers have found that there are 19 different types of smiles, but only six occur when we're having a good time. The rest happen when we're in pain, embarrassed, uncomfortable, horrified or even miserable!

* Genoan sailors were known colloquially as "Genes" and wore cotton pants, which is where we get the word "jeans."

* A singing birthday card has more computer power than the entire Allied Army of World War II.

* There is a spacecraft graveyard in the Pacific Ocean. Known as "Point Nemo," it is the farthest place on Earth from land and is home to over 300 spacecraft and associated space debris, including the Russian MIR space station, the first object assembled in planetary orbit.

* Horrormeister Stephen King has triskaidekaphobia (fear of the number 13) and won't stop writing if he's on the page number is 13 or a multiple of it.

* OMG, the popular acronym for "Oh my God," was first used in writing in a letter to Winston Churchill in 1917, by John Arbuthnot Fisher, a retired Admiral of the British Navy, who said, "I hear that a new order of Knighthood is on the tapis, O.M.G. (Oh! My God!)."

Thought for the Day: "Most heroes live quiet, unassuming existences. They lend a hand and help, without any expectation of gratitude or fanfare." -- Ray Madaghiale

(c) 2021 King Features Synd., Inc.

Now here's a tip!

by Jo Ann Derson

* Line your veggie and fruit drawers with plain paper towels to avoid messes in the refrigerator. Check through produce daily to remove any spoiled items.

* "Everyone knows probably five uses for pantyhose with runs in them. Here's one I heard from a friend that I had never heard before. Scrunch one leg up and use it like a dusting mitt on upholstered furniture to get rid of cat hair. I guess it would work for all pet hair, but I do this every day now, and it's so easy." -- G.T. in Washington

* If you have a stinky sink problem, check your garbage disposal. The plastic insert in the drain will usually pull out to give you a better look. Sometimes, all that is needed is to clean the plastic insert -- it can collect a nasty food slime on the disposal-facing side. You can also try running it for a few minutes with ice cubes, citrus peels or baking soda and vinegar.

* If you have many books on a bookcase, here's a tip that'll blow you away: Use a hair dryer on the cool setting to blow dust off the top of the books. Work from the top down, wipe the visible shelf with a microfiber cloth, then vacuum the floor.

* "In one of my pizza boxes, I noticed a sheet of plastic netting that keeps the pizza crust crispy during delivery. I saved it, thinking I would find a use for it. I did -- in my dishwasher! I had several small plastic containers that kept flipping up and collecting water, so I lined them up and placed the netting over them. I laid a spatula on top to keep it in place. It totally worked." -- A.A. in Florida

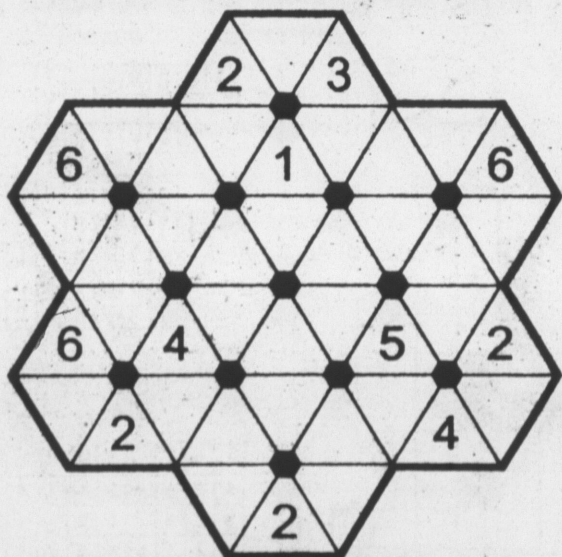
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

(c) 2021 King Features Synd., Inc.

SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

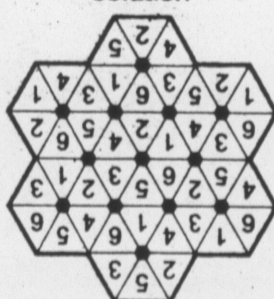


DIFFICULTY THIS WEEK: ◆◆◆◆◆
◆ Easy ◆◆ Medium ◆◆◆ Difficult

© 2021 King Features Synd., Inc.

SNOWFLAKES

solution



Go Figure! answers

35	30	20
25	5	8
x	x	-
x	x	-
32	2	7
-	9	+
-	+	x
9	27	4

Stickelers Answer

1) 2, 3 and 6
2) 2, 2 and 9
3) 3, 3 and 4
Eliminating any cousin who is 1 year old narrows the range of guesses. You then have:
The answer is 2) 1 in 3.

Super Crossword

AM TOO!

ACROSS

- 1 Kuwaiti rulers
- 6 Pin to hang a chapeau on
- 12 Clothes
- 16 "This is so frustrating!"
- 19 Maui porch
- 20 Single-celled creature
- 21 Old term for margarine
- 22 Sooner than, in sonnets
- 23 Incriminated dancer
- 25 Possible cause of sneezing
- 27 Petri dish gel
- 28 A handsome Greek god put half-and-half in his coffee?
- 30 Scholars' milieu
- 34 See
- 35 Mini-plateau
- 36 Cornhusk-wrapped treats found in an underground vault?
- 43 Pizazz
- 44 Psychic glow

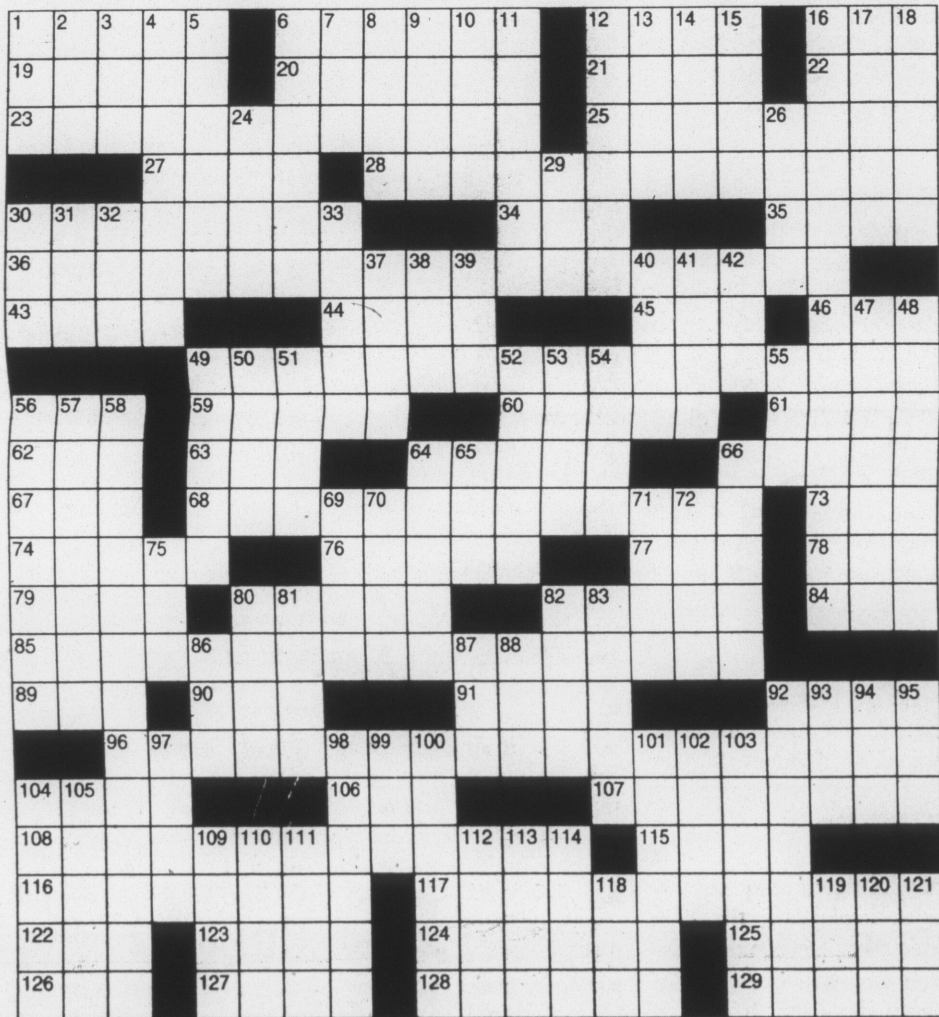
- 45 Volt-per-ampere unit
- 46 Stephen of film
- 49 Temporarily smiling broadly?
- 56 With
- 34-Across, "Green Eggs and Ham" character
- 59 Sweetheart
- 60 Oklahoma city
- 61 Shoe retailer
- 62 Former flying inits.
- 63 Gas suffix
- 64 Tuscany city
- 66 Negative particle
- 67 Iowa's tree
- 68 Tony-winning musical performed in France's capital?
- 73 Graynor of "The Sitter"
- 74 Nabisco treats
- 76 Valleys
- 77 Wish to undo
- 78 Pince —
- 79 6/6/44
- 80 Colonel North, briefly
- 82 Broadway star Rivera
- 84 Spokane-to-Boise dir.

- 85 Actor Ralph having reached a saloon's counter?
- 89 "— hawl"
- 90 Suffix with brilliant
- 91 Rod go-with
- 92 Memo starter
- 96 Group journey that has made everyone really hungry?
- 104 Memo starter
- 106 British rocker Brian
- 107 Cold carnival treats
- 108 Group of truck drivers who were once in the same college fraternity?
- 115 "After that ..."
- 116 Belgium's capital
- 117 Doubled radius of a toy on a string?
- 122 Go astray
- 123 Intro studio course
- 124 By wagering
- 125 Plant used to make tequila
- 126 Hankering
- 127 Pony pattern

- 128 SEALs' mil. branch
- 129 Renowned
- DOWN
- 1 Pixieish one
- 2 Damage a bit
- 3 — funk (sad)
- 4 Ninth Muslim month
- 5 Gangster
- 6 Singer
- Emmylou
- 7 "Yo te —"
- 8 Roman wrap
- 9 Small chirp
- 10 Spanish river
- 11 Illuminated like old streets
- 12 "Beat it, kid!"
- 13 Actor Guinness
- 14 Back area
- 15 Foreshadow
- 16 Some math specialists
- 17 French city
- 18 Ibsen's "— Gabler"
- 24 Matriarch
- 26 Pitch a tent
- 29 "— di-dahl!"
- 30 Feasted
- 31 Nev. neighbor
- 32 Docs' org.
- 33 — worse than death
- 37 Rhine feeder

- 38 Nev. neighbor
- 39 Yoga pad
- 40 Corn bases
- 41 Cronus' wife
- 42 Singer Sumac
- 47 Audience extras
- 48 Really suffer
- 49 Licked parts of envelopes
- 50 Actress Chaplin
- 51 KOA patron
- 52 Newsy bits
- 53 Tax-free bond, in brief
- 54 Israeli airline
- 55 Adult males
- 56 Supported
- 57 Oscar winner, e.g.
- 58 Not go right or straight while driving
- 64 Paper unit
- 65 Actor Ziering
- 66 Lend — (listen)
- 69 Inuit language word for "house"
- 70 Small error
- 71 Chi-Town daily paper
- 72 Let — sigh
- 75 Popeye's gal
- 80 Old Dodge
- 81 Corrosive cleansers

- 82 Rice — (cereal)
- 83 Assistants
- 86 Archer's skill
- 87 Pt. of NATO
- 88 Ball balancer
- 92 In a single try
- 93 Wicked act
- 94 Wingtip tip
- 95 Walk — (small roles)
- 97 Santa — (hot winds)
- 98 Entraps
- 99 Walk — (no appointment customers)
- 100 "I meant someone else"
- 101 Real thing
- 102 Qatari port
- 103 "The — Cometh"
- 104 Monks' home
- 105 — Haute, Indiana
- 109 Despot of old
- 110 Architect Saarinen
- 111 Utah ski site
- 112 Ages on end
- 113 Meg of film
- 114 Japanese noodle
- 118 Actor Patel
- 119 Tit for —
- 120 Night before
- 121 Ruby, e.g.



Celebrity extra

by Dana Jackson

Q: How old are George Clooney's twins now? Are he and his wife still married? -- E.E.

A: After having graced the cover of "People" magazine's Sexiest Man Alive issue twice, movie star and Oscar winner George Clooney was officially off the market in 2016 when he wed attorney Amal Alamuddin. She gave birth to twins Alexander and Ella, now 3 years old, and they appear to be a solid duo, keeping the romance alive with handwritten letters to each other even while living under the same roof. The notoriously tech-shy star isn't on social media either, and he treasures his letters he's collected and framed from such legends as Paul Newman, Gregory Peck and Walter Cronkite.

Clooney directed and starred in the Netflix sci-fi film "The Midnight Sky" and has been giving interviews promoting it. He speaks lovingly about his wife and twins, telling AARP magazine that he didn't want to give his kids "weird" names because "They're already going to have enough trouble. It's hard being the son of somebody famous and successful."

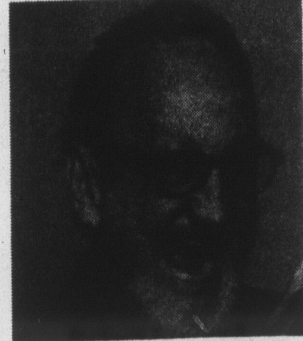
Q: When is "Stranger Things" returning for another season? It seems like it's been forever. Will this be the final season whenever it does come back? -- P.C.

A: "Stranger Things" was not immune to the shutdowns that affected production in Hollywood and around the world. This includes the state of Georgia, where most of "Stranger Things" is filmed. I can offer some good news though. Production of the Netflix series resumed this winter, so expect to see season four of the spooky show sometime in 2021.

I won't give away any potential spoilers, but one thing that's been widely reported is that Robert Englund is joining the cast as a homicidal prisoner of a psychiatric hospital. He is, of course, best known as '80s horror movie icon Freddy Krueger. Tom Wlaschiha ("Game of Thrones") is also a new cast member, joining returning favorites Millie Bobby Brown, David Harbour and Winona Ryder.

According to TVLine.com, there are estimated to be eight episodes in this long-delayed season, but it won't be the end. Ross Duffer, the mastermind behind "Stranger Things," stated that the pandemic "has given us time to look ahead, figure out what is best for the show."

Q: What happened to Elizabeth Vargas since she left "Dateline"? Why did they replace her with Natalie



Robert Englund

Photo credit: commons. wikipedia.org

Morales? -- S.F.

A: Elizabeth Vargas was never a "Dateline" reporter, but she co-hosted "20/20" for many years. Natalie Morales recently joined "Dateline" as a full-time correspondent. She'll continue to work on the "Today" show, but has left her job with the entertainment TV news magazine "Access Hollywood."

As for Vargas, she's been tapped to host the resurrected "America's Most Wanted" on Fox when it debuts in the spring. The original series hosted by John Walsh led to the arrest of over 15 of the FBI's Most Wanted fugitives along with thousands of other criminals. According to EOnline.com, Walsh has given the new version of "AMW" his blessing.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

(c) 2021 King Features Synd., Inc.

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-------------|--------------------|-------------|
| 1. Show up | — — — — — R | Legal petition | — — — — — L |
| 2. Party beverage | — U — — — | Salt measurement | — I — — — |
| 3. Revel in | — — J — — | Messenger | — — V — — |
| 4. Portugal's capital | — — — B — — | Boxer Sonny | — — — T — — |
| 5. Modify | — F — — — | Fall flower | — S — — — |
| 6. Viennese dance | — — — — Z | Whitman and Disney | — — — — S |
| 7. Bugs Bunny's treat | C — — — — | Pirate's bird | P — — — — |
| 8. Brim | — — — — K | Fetch | — — — — G |
| 9. Wriggle like a worm | — — — — M | Knight's attendant | — — — — E |
| 10. Courtroom hearing | — — — A — | Sparrow's song | — — — — L |

©2021 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle



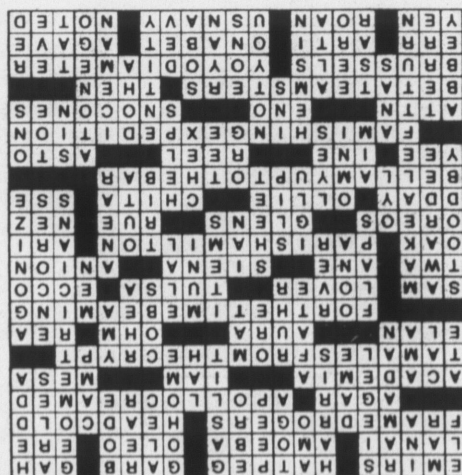
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

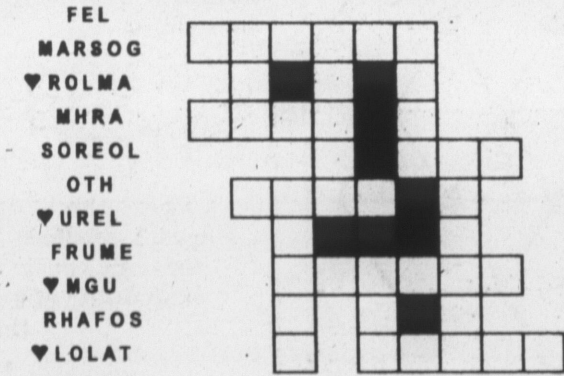
© 2021 King Features Synd., Inc.

Super Crossword

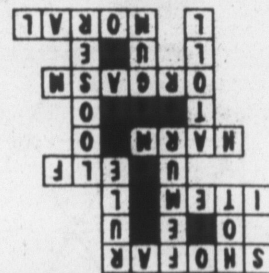


Even Exchange answers

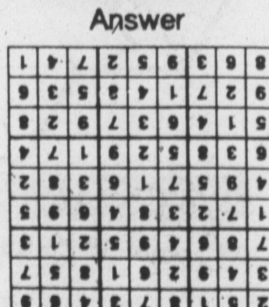
- | | |
|-------------------|-------------------|
| 1. Appeal, Appeal | 5. Alter, Aster |
| 2. Punch, Pinch | 6. Waltz, Walts |
| 3. Enjoy, Envy | 7. Carrot, Parrot |
| 4. Lisbon, Liston | 8. Brink, Bring |
| 9. Squirm, Squire | 10. Trial, Thrill |



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU



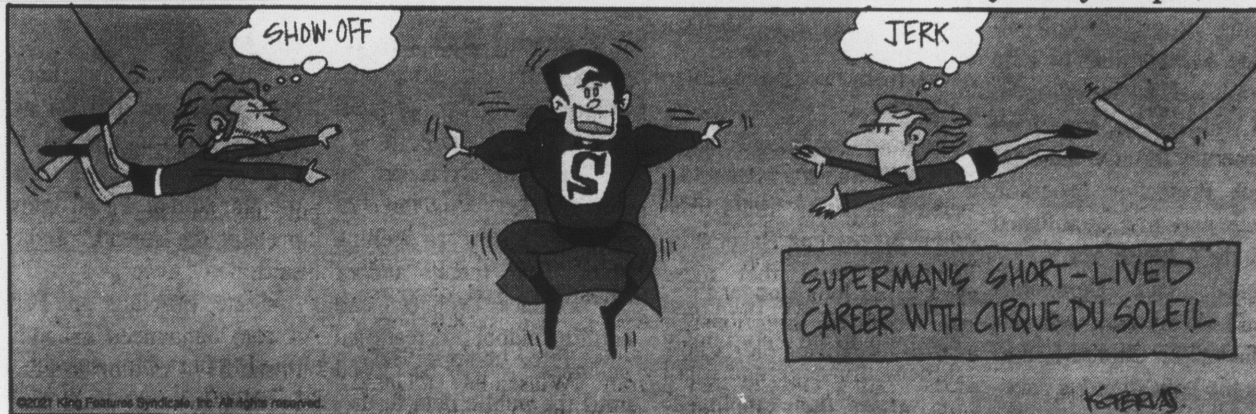
FEB 11 2021

Amber Waves



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Swish
LAGGER
Trajectory
COVERT
Scoundrel
VINILLA
Tarsus
KLEAN

TODAY'S WORD

"I'm not _____ the bride away, Reverend. It's costing me \$10,000!"

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

3	5	5	4	2	6
1	2	3	6	6	6
4	5	1	5	5	2
4	4	4	6	5	3
2	1	4	3	5	5
6	6	6	2	4	3



Nuisance Critters Worry Rural Newcomer

DEAR PAW'S CORNER: I am relocating soon to rural Tennessee, in an area that the real estate agent said is filled with critters like raccoons, opossums, woodchucks, foxes, coyotes, muskrats, mink, snapping turtles, venomous snakes, crows, free roaming hogs, stray dogs and cats. My question is, What are the regulations for dealing with nuisance critters? Are there any restrictions I need to be aware of? I'm not computer literate and don't know how to look these up online. -- Karl B., via email

DEAR KARL: I'm more of a pet-care specialist than a wildlife specialist, but I looked up some information for you. Tennessee allows landowners to capture nuisance wildlife and either release or euthanize the animal -- unless it's a protected species. You must use a box

trap or other live trap. You can hire a professional to do the trapping for you. And you can call a state wildlife management official for advice, especially if you aren't sure whether an animal is protected. To learn more, perhaps someone who is computer savvy can access the Tennessee Wildlife Resources Agency website for you and search for "wildlife damage control." I do hope you'll relocate rather than eliminate most of the species that you trap. Opossums are becoming endangered, and they're not ferocious at all; they eat ticks and are immune to Lyme disease. Bats are a threatened species that love to roost in dark, quiet attics. But they also eat tons of mosquitos. We really need these little natural vacuum cleaners around. Snakes keep the rodent population down. Coyotes and bears play their role in balancing the natural environment, even though they are quite scary to discover near your house.

Send your questions to ask@pawscorner.com.

(c) 2021 King Features Synd., Inc.

TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of Feb. 8, 2021

- Video on Demand**
- American Skin (R) Omari Hardwick
 - Honest Thief (PG-13) Liam Neeson
 - Tenet (PG-13) John David Washington
 - The War with Grandpa (PG) Robert De Niro
 - Redemption Day (R) Gary Dourdan
 - The Croods: A New Age (PG) animated
 - Unhinged (R) Russell Crowe
 - Some Kind of Heaven (NR) documentary
 - The Empty Man (R) James Badge Dale
 - No Man's Land (PG-13) Jake Allyn, Frank Grillo

DVD, Blu-ray Sales

- Tenet (PG-13) Warner Bros.
- Love and Monsters (PG-13) Paramount
- Yellowstone: Season 3 (TV-MA) Paramount
- Top Gun (PG) Paramount
- Honest Thief (PG-13) Universal
- Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.
- Beetlejuice (PG) Warner Bros.
- Mulan (PG-13) Disney
- The Meg (PG-13) Warner Bros.
- Justice League (PG-13) Warner Bros.

Source: Comscore/Media Play News

(c) 2021 King Features Synd., Inc.

Hitori

3	2	6	6	6
5	5	3	4	2
3	5	9	4	4
2	5	1	5	5
6	6	3	2	1
6	5	4	2	6

SCRAMBLERS
Today's Word
1. Gargle 2. Vector
3. William 4. Anklet
solution

Mid-March Passage Eyed For \$1.9 Trillion Federal Aid Package

Cont'd From Page 14

in the American family are hurting. We think that this assistance and the timeline I laid out is entirely reasonable."

Neal said Congress could approve the new stimulus package by mid-March and Americans could begin receiving assistance on or before April 1.

Noting many Americans are now unemployed or underemployed amid the pandemic, Neal said, "we are going to make good on our promise of \$2,000 checks, supplementing...those we did back in December with an additional \$1,400."

Additional unemployment benefits will likewise be included in the stimulus package, including supplemental payments.

"The unemployment in-

surance supplement will also be embraced once again, between \$300 and \$400 additional each week," Neal said, adding that the package would also help make health insurance more affordable for those who are unemployed.

The package will also provide relief to low-income families, Neal said. He is proposing giving a tax credit - \$3,600 per each child under the age of 6 and \$3,000 for children between the ages of 6 and 17 - to eligible families. Families would receive those funds on a monthly basis, rather than getting them all at once after they file their taxes.

"We want it, for cash flow purposes, to be done on a monthly allocation," Neal said. "Treasury would just issue a check - for \$300 a

month, for example - for the eligible families and I think that would provide greater liquidity."

The stimulus plan will also create a national vaccination program to speed up the pace of vaccinations to reach President Joe Biden's goal of fully vaccinating 300 million Americans by mid or late summer, Neal said; will provide for expanded testing and contact-tracing programs; will allocate \$130 billion to help schools nationwide re-open; and will help support small businesses through the Paycheck Protection Program, which was first established with the CARES Act.

Neal said Democrats would like to work with Republicans on Capitol Hill to pass the new stimulus package but are prepared to do

so alone if necessary. Biden, Neal added, "has made it clear he is not coming off of \$1.9 trillion, and I agree with him."

Baker said the approval of a new stimulus package is critical. He noted Massachusetts has lost 330,000 jobs since this time last year and state tax revenues have

fallen and become unpredictable.

"We have worked hard over the course of the past ten months to balance the needs of keeping our economy open safely while responding to the pandemic, but there are still substantial financial challenges that we face as a commonwealth

and that other states across the country are facing as well," Baker said.

"It would be critical from our point of view for Congress to pass significant relief swiftly to help us beat down the pandemic and just as importantly help get our economy back on track."

MA Relaxing Capacity Limits

Cont'd From Page 15

cent, from a peak of 6,120 to 3,274.

Those improved numbers allowed the state to increase capacity limits from 25 to 40 percent, Baker said.

"We know that these restrictions have been and continue to be enormously difficult for large and small businesses, their employees and for individuals everywhere, but we are making progress in this battle against COVID and everyone's hard work and preparation is now making it possible for us to continue to step back to what we might call a new normal," the governor said.

Other restrictions imposed on businesses remain in place, Baker noted. Those include a 90-minute time limit for customers dining in-person and a rule limiting table sizes at restaurants to six or fewer people. Movie theaters, while allowed to operate at 40 percent capacity, are limited to 50 patrons per screen.

Gathering sizes also remain limited to 10 people indoors and 25 people outdoors.

The state remains in step one of phase three of the governor's re-opening plan. That means indoor performance venues and certain indoor recreational businesses, "will be closed until the public data further shows sustained improvement," Baker said.

The governor was asked during his press conference if he was concerned about easing capacity limits as new, more contagious variants of the coronavirus emerge. Baker said one or more of those variants has likely been present in Massachusetts since at least December, "and yet we have seen dramatic declines in both hospitalizations and case counts since early January."

Residents need to remain vigilant, he added, and follow guidance concern social distancing, mask wearing

and hygiene.

"We obviously know how important it is for everyone to continue to be vigilant and continue to do the things that we all know prevent the spread," Baker said.

State officials on Feb. 4 also announced an additional \$174 million in grant funding to 4,000 small businesses impacted by the pandemic. The state has awarded \$450 million to 9,900 small businesses to date and has about \$200 million in grant money left to allocate.

Lt. Gov. Karyn Polito urged residents to support local businesses amid the pandemic.

"I can't say it enough: Keep buying and shopping locally, support the businesses in your downtowns and your Main Streets, buy your gift cards, pick up takeout," she said.

"Do everything you can when you make choices about how to shop and how to dine to keep things going for them."

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-013
ORDERED:

February 01, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers
Section 325.47 Stop Signs Locations
Install the following:

Street	Intersecting with	Type of Regulation
Brooks Avenue	Liberty Street	All Way Stop Sign

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/11/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-014
ORDERED:

February 01, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers
Section 325.47 Stop Signs Locations
Install the following:

Street	Intersecting with	Type of Regulation
Brooks Avenue	Roberts Street	Four Way Stop Sign

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/11/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-015
ORDERED:

February 01, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers
Section 325.47 Stop Signs Locations
Install the following:

Street	Intersecting with	Type of Regulation
Cottage Avenue	Dennis Ryan Parkway Foster Street Chestnut Street	Four Way Stop Sign

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/11/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-016
ORDERED:

February 01, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article V Stopping, Standing and Parking
Section 325.74 Parking Restrictions - Prohibited - Handicapped Spaces - Curb Access - Applicability
Add the following:

Street	At	Type of Regulation
Ditmar Street	11	Handicap Parking

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/11/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-017
ORDERED:

February 01, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers
Section 325.47 Stop Signs Locations
Install the following:

Street	Intersecting with	Type of Regulation
Huckins Avenue	Bellevenue Road	Four Way Stop Sign

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/11/21

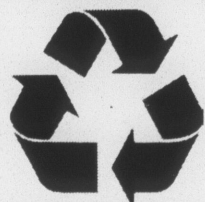
FEB

11

2021

CLASSIFIEDS

SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
DERRICKS PAINTING <i>When Quality Counts</i> Interior/Exterior Home Repairs Gutter Cleaning References Available 617-851-1688 Licensed/Insured	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592	WIGS Patricia & Company Quality & Affordable Call for an appointment Weymouth 781-335-4700	Quincy Physical Therapy One on One Therapy Specializing in Back and Sciatica Pain Free 1 st Visit! Call 617-481-2000	M&M SALVAGE - CLEANOUTS - CASH FOR CARS - FREE SCRAP REMOVAL 617-842-8205	J.F. ROOFING Co. QUINCY, MA •Shingles •Rubber •Slate •Copper •Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED



**PLEASE
RECYCLE
THIS
NEWSPAPER**

HALLS FOR RENT
**MORRISETTE
LEGION POST**
81-83 Liberty St., Quincy
Function Hall Available
Call for Details 617-770-4876
Internet Capable • Weddings •
Showers • Christenings • Meetings
After Funeral Gatherings



Bob Jansky

We'll work with you!
**Gas/Oil Heating Systems - Water Heaters
Plumbing & Heating**
Emergency Service - Free Estimates
617-774-9003
janskymech@gmail.com
MA Lic. #15288

Want to pick up a copy of The Quincy Sun?
Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	ARTERY GROCERY 1000 Southern Artery	7-11 721 Hancock St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	7-11 495 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 1500 Hancock St.	DAIRY FARM 330 Washington St.	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	7-11 230 Washington St.	COFFEE BREAK CAFÉ 12 Old Colony Ave.
STAR MARKET 130 Granite St..	STOP & SHOP Southern Artery	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	CVS Southern Artery	MULLANEY'S VARIETY 205 W. Squantum St.
FRANKLIN ST. BP 60 Franklin St.	7-11 650 Adams St.	STOP & SHOP 65 Newport Ave.
7-11 78 Franklin St.	7-11 678 Adams St.	7-11 363 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	VILLAGE COMM. MARKET 100 Willard St.	WALGREENS 324 Hancock St.
DONUT + DONUTS + MUFFINS 33 Scammell St.	COPELAND LIQUORS 273 Copeland St.	SAM'S VARIETY 125 Billings Rd.
PRESIDENTIAL LIQUORS 25 Scammell St.	GRANITE MART 308 Willard St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
ADAMS VARIETY 22 Independence Ave.	7-11 Copeland St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
DAILY MART 291 Quincy Ave.	JOE'S PLACE 260 Centre St.	CARMINE'S CAFÉ 69 Huckins Ave.
ROCHE BROTHERS The Falls	CORNER FOOD MARKET 1060 Hancock St.	7-11 751 E. Squantum St.
WALGREENS 418 Quincy Ave.	200 FOOD MART 200 Sea St.	LUCKY SHAMROCK 265 Beale St.
WALGREENS 550 Adams St.	ADAMS SHORE SUPERMARKET 494 Sea St.	EVEREST MARKET 121 Standish Ave.
	PALMER STREET MARKET 231 Palmer St.	5 CORNER FOOD MART 163 Newbury Ave.
	BERNIE'S GENERAL STORE 1147 Sea St.	WEST ELM VARIETY 139 W. Elm Ave.

PERSONAL
THANK YOU
ST. JUDE, BLESSED MOTHER,
ST. ANTHONY, ST. JOSEPH,
ST. PEREGRINE,
ST. THERESA
J.D.

**Thank You to all the
Healthcare Workers
& Education Systems
for all you have done
and continue to do!**

MISCELLANEOUS

WANTED TO BUY
FREON WANTED: We pay
\$\$\$ for cylinders and cans.
R12-R500 R11 R113 R114.
Convenient. Certified Pro-
fessionals. Call 312-291-
9169 or visit Refrigerant-
Finders.com

THOMAS C. SWEENEY
Smaller Jobs a Specialty
54 Years Experience
**Carpentry, Siding,
Painting, Porches**
Vinyl/Windows, Doors
Roofing, Decking, Steps
License #1373 Free Estimates
Reliable
781-974-4434
References

DONATE BLOOD

**WE'RE FIGHTING
FOR YOUR LIFE**

American Heart
Association
Learn and Live

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

INDEX

- ☐ Services
- ☐ For Sale
- ☐ Autos
- ☐ Boats
- ☐ For Rent
- ☐ Wanted
- ☐ Help Wanted
- ☐ Work Wanted
- ☐ Pets
- ☐ Lost & Found
- ☐ Real Estate
- ☐ Antiques
- ☐ Flea Markets
- ☐ Yard Sales
- ☐ Instruction
- ☐ Day Care
- ☐ Personal
- ☐ Miscellaneous

RATES

1 WEEK

☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word.

2-4 WEEKS

☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.

5-10 WEEKS

☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.

11 WEEKS OR MORE

☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

☐ Enclosed is \$ _____ for the following ad to run _____ weeks in

The Quincy Sun.

COPY: _____

NO REFUND WILL BE MADE AT
THIS CONTRACT RATE IN THE
EVENT OF CANCELLATION.
DEADLINE: FRIDAY
AT 4PM. PLEASE
INCLUDE YOUR
PHONE NUMBER IN AD.

Congregation Beth Shalom Blue Hills Goes Solar

Congregation Beth Shalom of the Blue Hills enters the new year with a new look and a new source of electrical energy, after installing 78 roof-mounted solar panels at its home on Shoolman Way in Milton, which are expected to generate approximately 29,000 kilowatt-hours (KWh) of electricity per year.

The project came to fruition after years of discussion and research by the synagogue. It was installed during the period from October to December, 2020 by Sunbug Solar, with project assistance from Resonant Energy of Boston. It should supply about 95 percent of the synagogue's electrical usage when it is operating in normal (non-pandemic) mode.

A grant from the Left Coast Fund assisted with financing of the project, through the Solar Moonshot Program managed by Hammond Climate Solutions of San Diego. Non-profits interested in this program can get information at the Solar Moonshot website (<https://www.hammondclimatesolutions.com/solar-moonshot>).

Synagogue president Paul Cooperstein said, "We

appreciate the assistance provided by Tara Kelly Hammond of Hammond Climate Solutions and Kathleen Doyle of Fire-Flower Alternative Energy of Boston. I also express my thanks to congregants Jay Balaban, Deborah Felton, Norm Berk and Robert Rosofsky for their participation."

As part of the Jewish ethic of tikkun olam (translation: "repair the world"), the solar array will allow the synagogue to use the sun, a sustainable and natural energy source, instead of poisonous and damaging fossil fuels for electricity generation. The projected energy output also has an annual carbon-dioxide reduction equivalent of 30 acres of forest.

Resonant Energy specializes in solar arrays for houses of worship, non-profits, affordable housing providers, companies and homeowners in Massachusetts, New York City and Long Island. It has been growing steadily since its founding in Dorchester in 2016.

Congregation Beth Shalom of the Blue Hills is an independent synagogue that welcomes all members



A NEW ARRAY of 78 solar panels was recently completed on the roof of Congregation Beth Shalom of the Blue Hills in Milton. The project is expected to generate approximately 29,000 kilowatt-hours per year, and provide about 95% of the synagogue's electrical usage.
Photo Courtesy Congregation Beth Shalom of the Blue Hills

of the Jewish faith including LGBTQ+, interfaith couples, and all singles and families interested in affiliating with a Jewish community. For information about

membership or programs, call the synagogue office at 617-698-3394, email office@BethShalomBlueHills.org or visit www.BethShalomBlueHills.org.

Jake Delahunt Graduates Saint Michael's College

Jake Ryan Delahunt of Quincy recently graduated from Saint Michael's College in Colchester, VT, with a bachelor of science in business administration.

PAID ADVERTISEMENT

PAID ADVERTISEMENT

PAID ADVERTISEMENT

Happy Chinese New Year

2021 Year of the Ox



新年快樂

牛年吉祥 身體健康

市長THOMAS P. KOCH



MAY THE CHINESE NEW YEAR OF THE OX
BRING YOU EVERY JOY!

MAYOR THOMAS P. KOCH, CITY OF QUINCY 昆士市

FEB

18

2021